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Favorite Recipes
of NORTH CAROLINA



How to follow the recipes!

1. Use standard measuring cups and spoons.
2. Use level measurements.
3. Sift flour once before measuring (in baking recipes).
4. Recipes are made with all-purpose flour unless otherwise stated.
5. Oven temperatures:

Slow, up to.....	300° F.
Moderately slow	300° to 325° F.
Moderate	325° to 375° F.
Moderately hot	375° to 400° F.
Hot	400° to 450° F.
Very hot	450° to 500° F.
6. The size and shape of your baking pan often affects the quality of your finished product. When you have determined which of your pans is the right size, note it on your recipe.
7. The number of the servings indicated on the recipes is only a guide.



Favorite Recipes

of NORTH CAROLINA

Dedicated to the North
Carolina dairy industry and
to the women of this State.

*This Cook Book is a Tribute to
the Foster Mother of the Human
Race whose Dairy Products have
made America strong and mighty.*

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THE STORY OF THIS BOOK

For a long time there has been a desire among North Carolina women for a book containing practical dairy recipes and suggestions for more nutritious and zestful meals. It is true that there are scores and scores of cook books, but the State Department of Agriculture observed the need for a recipe book with an Old North State flavor. We have answered the challenge by producing this book devoted to recipes. Many of them are as new and as modern as the dairy plants which dot the North Carolina landscape; others are as old as the State.

In this book you will find recipes for "Hush Puppies," "Southern Corn Bread," and "Mammy's Fried Pies," as well as recipes for "Deep Dish Peach Pie," "Noodles Romanoff," and "Shrimp Fondue." They are all here, and all have been tested by North Carolina housewives and the home economists of highly reputable firms throughout the Nation.

THOUSANDS ASSIST WITH BOOK

Officials of the State Department of Agriculture originated the idea for "Favorite Recipes" and followed the book closely from the idea to the reality. The Wisconsin Department of Agriculture rendered invaluable assistance from time to time, having published last year a cook book for the women of that State. The North Carolina Department of Agriculture is indeed grateful for this aid. Thousands of women in this State and in other States have contributed to this book through their year-after-year employment of the recipes presented in it.

RECIPES CAREFULLY CHOSEN

Miss York Kiker, home economist and dairy marketing specialist with the Department, carefully selected all recipes contained in "Favorite Recipes." In choosing these recipes, Miss Kiker studied scores of cook books and consulted hundreds of housewives throughout the State regarding their favorite recipes.



MILK PRODUCTION IN NORTH CAROLINA

From 1925 to 1944 milk cows on the farms of this State increased over 33 per cent, milk production increased approximately 35 per cent, and the production of butterfat showed a proportionate increase. The average butterfat content of North Carolina-produced milk is 4.4 per cent.

Although one hundred milk processing plants now operate in this State, many producers sell their milk at retail. Some of the finest dairy herds in the Nation are now found in North Carolina. The largest pure-bred Jersey herd in America may be found at Biltmore, N. C., over 20,000 pounds of milk being produced at this dairy each day.

NORTH CAROLINA DAIRY PRODUCTS ASSOCIATION

This book has the approval of the North Carolina Dairy Products Association, and this organization's sponsorship was responsible for the purchase of the first 10,000 copies. The officials of the Association at a meeting held in the State offices in Raleigh agreed to do everything possible to assure the success of "Favorite Recipes," pointing out that it would lead to a greater consumption of milk and milk products and consequently would result in a great boost for the Dairy Industry of North Carolina.

DAIRY PRODUCTS BUILD HEALTH AND STRENGTH

Science has found that a glass of milk contains an almost ideal combination of proteins, carbohydrates, fats, minerals, and vitamins.

When you use milk in any of its appetizing forms on your table or in your cooking, you are adding natural goodness to the family food.

MILK AND NUTRITION

Milk is the one food for which there is no fully satisfactory substitute. Wise homemakers realize that a quart of milk a day for a child and a pint a day for each adult is the best foundation for an adequate diet. Milk contains all the factors known to be needed by the human body—energy-giving calories, muscle-building protein, valuable minerals, and important vitamins.

Milk is essential in the diet to meet the recognized requirements for calcium and riboflavin. Many American diets are low in these two very necessary food elements.

BUTTER

This is a delicious food fat, rich in natural vitamins and health-giving energy. Butter, as a food, has been imitated but never equalled. Scientists and home economics leaders have proved that butter builds up resistance to disease and promotes growth. Butter is a "must" food in every home because of its full-flavored goodness both as a spread and for cooking. Throughout the world butter has long been recognized as a true symbol of good living.

ICE CREAM

The great American dessert—not only delicious and cooling in summer, but highly nutritious the year around—has excellent energy-building elements, is easily digested, and appeals to all ages.

EVAPORATED MILK

Whole milk which has been reduced in volume by evaporating part of its water content. It has all the properties of whole milk and the addition of water restores its original bulk. North Carolina ranks high in national production of this product.

SWEETENED CONDENSED MILK

Sweetened condensed milk is evaporated milk to which has been added a sweetening material.

NATURE'S MOST PERFECT FOOD

BIOTIN
CALCIUM
CHLORINE
CHOLINE
INOSITOL
MAGNESIUM
PANTOTHENIC ACID
PHOSPHORUS



POTASSIUM
SODIUM
SULPHUR
VITAMIN A
VITAMIN B₁
(Thiamin)
VITAMIN B₂ (G)
(Riboflavin)
VITAMIN B₆
VITAMIN E

Vitamins and Minerals found in Milk



MALTED MILK

This is a powder made from whole milk combined with a barley malt extract, wheat flour, and flavoring. It is used in prepared foods for the home as well as at soda fountains in the well known "Maltdeds." Malted milk powder is rich in wholesome nourishment and natural vitamins and is particularly valuable because it is often used in combination with ice cream and fluid milk.

DRIED MILK, POWDERED MILK

Whole milk, skimmilk, buttermilk are each prepared in dry or powdered form and are used extensively for commercial baking and export. Only the water is removed.

BUTTERMILK

In fluid form is used both for cooking and as a zestful drink. It has a tangy, satisfying flavor. Natural buttermilk is produced in butter manufacture or may be made by the addition of a special culture to sweet milk; either type is exceptionally wholesome.

HOMOGENIZED MILK

This is whole milk with cream in every drop. By a special process, the fat globules are broken up and distributed throughout the milk so that the cream does not separate and rise to the top.

NATURAL CHEESE VARIETIES

CHEDDAR cheese is best known in this country as **AMERICAN** cheese. This delicious dairy food is firm and even-textured. It acquires a pronounced flavor through aging.

American cheese is made in various sizes and shapes. It is one of the most versatile and popular cheeses in the American home. It has many uses — as a filler for sandwiches, in a variety of cooked dishes, in salads, as a tasty accompaniment to pie, as a dessert served with crackers or fruit, as an appetizer, alone or in combination, and for snacks. It is usually golden orange in color; when uncolored, it is called "white."

The Colby type of American cheese is prepared in the same shapes and sizes as "American Cheddar" — is faster curing, comparatively mild in flavor, more open in texture, is more moist, and does not have as long-keeping qualities as regular American.

SWISS cheese is the American version of Emmenthaler originally imported from Switzerland, a slow-curing, firm-bodied cheese with well developed "eyes." Flavor runs from sweet to salty, which makes it ideal for many table uses, especially sandwiches. It is also fine for grating (when dry), and sprinkling on soups, over salads and other main dishes. It is manufactured in the giant round wheel, 160 to 250 pounds, also in blocks 26 to 36 pounds.

INCREASE IN DAIRY PRODUCTS IN NORTH CAROLINA

Due to the promotional activities of the North Carolina Dairy Products Association, the Dairy Council, and the various agricultural agencies, there has been a steady increase in the manufacture of dairy products in this State. From 1925 to 1943 the following increases have occurred:

Dairy Product	1925	1940 (thousands)	1943*
Ice cream made in plants (gallons)	2,278	3,682	8,521
Ice cream mix, gallons	0	283	427
Sherbet, gallons	0	602	652
Ice milk, gallons	0	406	193
Creamery butter, pounds	1,556	2,357	1,946
Cheese, American or Cheddar	62	400	742
Cottage, pot, bakers, pounds	2	301	236

*Preliminary figures.

It is the belief of many that the progress of the Dairy Industry in North Carolina during the past five years has been greater than during the previous two decades. However, the actual picture of the tremendous growth has been clouded by the war during the past three years. Much of the milk which at one time went to the manufacture of ice milk, creamy butter, and the various cheeses has for some time now been going into the fluid trade for military consumption and for homes with increased incomes.

FINALE

We hope you will enjoy this book and that it will have a nook in your kitchen down through the years. We had it published with a special binding so that it would not be necessary for you to hold it while you are trying out the new recipes. It will stay open.

If this project proves successful, we hope to publish special recipe books for the strawberry producers, for the peach growers, and for the sweet potato and the peanut people.

In the event you want a copy of "Favorite Recipes" for a relative or a friend, see your local dairy or write directly to the State Department of Agriculture, Raleigh.

THOMPSON GREENWOOD, *Editor*,

Publications Division, North Carolina Department of Agriculture.

APPETIZERS



A TRAY OF CHEESE APPETIZERS

AT LEFT: appealing arrangement of cheese appetizers. Directions for this and additional dainties appear immediately below. Other tasty combinations are provided in this section from pages 9 to 11.

A TRAY OF CHEESE APPETIZERS

See Full Color Illustration at Left.

1. Spread potato chips with cream cheese.
 2. Spread soda crackers with butter, place a slice of Natural Brick Cheese on top.
 3. Cut stuffed olives in two. Cut Natural Swiss Cheese with a small round or square cutter. Place the cheese between the halves of olives and hold together with a toothpick.
 4. Fill pitted dates with cream cheese.
 5. Stuff celery with grated Natural American Cheese mixed with mayonnaise. Sprinkle with paprika.
 6. Spread one slice of dried beef with cream cheese. Roll as tightly as possible. Spread another slice of dried beef in the same way and roll on the first one. Chill and slice if desired.
 7. Put two pecan halves together with cottage cheese.
- Arrange appetizers attractively on tray and serve.

BURNING BUSH

(35 balls)

- | | |
|--|---------------------------------|
| 3 ounces chipped beef | 1 grapefruit or large red apple |
| 6 ounces ($\frac{2}{3}$ cup) cream cheese | |

Dry beef and crumble. Form cheese into balls and roll in chipped beef until they are entirely coated. Place toothpicks in balls and stick them into a grapefruit or a large apple.

CHEESE APPETIZER

- | | |
|--|--------------------|
| $\frac{1}{2}$ cup aged Natural American Cheese, grated | 1 teaspoon flour |
| $\frac{1}{2}$ teaspoon salt | 1 egg white |
| | 12 salted crackers |

Combine cheese, salt, and flour. Fold in stiffly beaten egg white. Drop by teaspoon on crackers. Brown in hot oven (400° F.) 10 minutes.

CHEESE CREAM PUFFS

(4 dozen)

1 cup boiling water	Few grains cayenne
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup Natural American
$\frac{1}{2}$ cup flour	Cheese, grated
$\frac{1}{2}$ teaspoon salt	2 eggs

Heat water and butter to boiling point. Add flour, salt, and cayenne, stirring constantly. Cook until mixture leaves sides of pan. Add cheese, mix well. Cool. Add eggs, one at a time, beating well after each addition. Drop by teaspoon on buttered pan, making small balls. Cook in moderate oven (350° F.) 30 to 40 minutes. Delicious filled with fish salad.

CHEESE DREAMS

2 cups Natural American	2 tablespoons butter, softened
Cheese, grated	1 egg, beaten
3 ounces ($\frac{1}{3}$ cup) cream cheese	48 2-inch rounds bread, toasted
$\frac{1}{2}$ teaspoon baking powder	

Blend first 5 ingredients, beat until creamy. Spread on toast, place under broiler until slightly browned and puffed.

CHEESE STRAWS

2 cups flour	$\frac{2}{3}$ cup Natural American
1 teaspoon salt	Cheese, grated
$\frac{2}{3}$ cup butter	Paprika
$\frac{1}{3}$ to $\frac{1}{2}$ cup ice water	

Sift flour and salt, cut in butter, add sufficient water to hold together. Turn onto lightly floured board and roll in oblong shape. Sprinkle half the dough with a portion of the cheese and paprika. Fold over two or three times and roll out. Repeat until all cheese is used. Roll slightly thinner than pie pastry. Cut into tiny circles or 4-inch cheese-stick lengths. Bake on ungreased cookie sheet in hot oven (425° F.) 7 to 10 minutes.

CHEESE AND BACON CANAPE

2 egg yolks	$\frac{1}{4}$ pound bacon, diced
2 cups milk, scalded	Dash of paprika
$\frac{1}{4}$ pound ($\frac{1}{2}$ cup) cream cheese	

Beat egg yolks, add hot milk, then the cheese, stirring until the cheese is all melted. Add the diced bacon which has been fried until crisp. Serve hot on buttered toast squares or crisp crackers. Add dash of paprika.

CHEESE AND HAM APPETIZERS

(Serves 20 to 25)

- | | |
|---------------------------------------|---|
| 2 tablespoons mayonnaise | 1 3-ounce package ($\frac{1}{3}$ cup) cream cheese |
| 2 tablespoons stuffed olives, chopped | $\frac{1}{2}$ teaspoon prepared mustard |
| | 1 thin slice cold boiled ham |

Blend mayonnaise, olives, cheese, and mustard. Spread $\frac{1}{8}$ inch thick on ham slices. Roll as jelly roll and fasten with toothpicks. Chill an hour or two. Slice in quarter-inch slices. Place slices on small crackers and serve.

COTTAGE CHEESE CANAPE

- | | |
|------------------------------------|-----------------------|
| 6 slices bread | Stuffed olives, diced |
| $\frac{1}{2}$ pound cottage cheese | Parsley |
| Chives, chopped | |

Cut bread into stars. Combine cheese and chives, spread on bread. Place slice of olive on each canape, decorate with parsley.

COTTAGE CHEESE SNACKS

- | | |
|--------------------------|---------------------------------------|
| 2 cups cottage cheese | 2 tablespoons salted peanuts, chopped |
| 2 tablespoons mayonnaise | Potato chips |

Combine cheese, mayonnaise, and peanuts; mix thoroughly. Spread on each potato chip. Serve immediately.

COTTAGE CHEESE NUTS

- | | |
|------------------------------|-----------------------------------|
| 1 cup cottage cheese | 2 tablespoons cream |
| $\frac{1}{4}$ cup mayonnaise | $\frac{1}{4}$ cup pecans, chopped |

Combine cheese, mayonnaise, and cream; mix well. Shape into balls size of a walnut, roll in nut meats. Serve on toothpick.

SAIL BOAT HORS D'OEUVRES

- | | |
|--|------------------------------|
| $\frac{1}{4}$ pound Natural Brick Cheese | 1 small jar cucumber pickles |
|--|------------------------------|

Cut cheese into slices, $\frac{1}{8}$ inch thick. Cut slices into triangles $1\frac{1}{2}$ inches wide and 2 inches high. Cut thin slice from bottom of pickle and slash top of pickle. Insert sail of cheese in slash in pickle.

BEVERAGES



HOT PINEAPPLE EGGNOG

AT LEFT: a tantalizing refresher for a large group; intriguing flavor. Recipe on page 14. Try the other selected recipes in this section also.

BANANA MILK FLUFF

(Serves 4)

$\frac{2}{3}$ cup banana, mashed	Salt
3 tablespoons orange juice	2 cups milk
3 tablespoons honey or syrup	Whipped cream
$\frac{1}{8}$ teaspoon almond extract	Nutmeg

Combine first 6 ingredients, beat well with egg beater. Garnish with cream, sprinkle with nutmeg.

CHOCOLATE MINT FLIP

(Serves 6)

$\frac{1}{2}$ cup cocoa malt	1 teaspoon vanilla
1 cup hot milk	$\frac{1}{4}$ teaspoon peppermint extract
1 cup cold milk	1 cup vanilla ice cream
$\frac{1}{4}$ teaspoon salt	

Combine cocoa malt and hot milk; stir until dissolved. Add cold milk, salt, and extracts. Chill. Just before serving pour into shaker, add ice cream, shake until smooth.

FROSTED PEACH DRINK

(Serves 6)

1 cup sliced peaches	$\frac{1}{4}$ cup light corn syrup
$4\frac{1}{2}$ cups milk	1 cup vanilla ice cream

Mash the peaches with a fork and add the corn syrup. Add the milk and mix well. Place the ice cream in six glasses and fill with the peach milk.

GRAPE SHAKE

(6 Servings)

$2\frac{1}{4}$ cups grape juice	$1\frac{1}{2}$ cups evaporated milk
$1\frac{1}{2}$ cups cold water or chipped ice	

All ingredients should be cold. Mix milk and water. Add grape juice and shake vigorously. The addition of a teaspoon of lemon juice adds zest to the drink. If sour grape juice is used, add a little sugar.

HOT PEPPERMINT CHOCOLATE

(Serves 6)

- | | |
|--------------------------------|-------------|
| 3 cups hot milk | Salt |
| 8 peppermint chocolate patties | 1 cup cream |

Combine $\frac{1}{2}$ cup hot milk and patties, mixing until smooth. Add salt and remaining milk, heat to simmering. Add cream and serve immediately.

HOT PINEAPPLE EGGNOG

See full color illustration on page 12

(Serves 40 to 50)

- | | |
|---------------|---------------------------------------|
| 16 egg yolks | 3 quarts pineapple juice |
| 16 egg whites | 1 quart cream |
| 2 cups sugar | $\frac{1}{4}$ cup orange rind, grated |

Combine egg yolks, 8 egg whites, and 1 cup sugar; beat thoroughly. Bring pineapple juice to boiling point, add cream, reheat. Pour over first mixture, stirring constantly. Beat remaining egg whites and add remaining sugar. Fold egg whites into hot mixture. Sprinkle with orange rind.

ORANGE EGGNOG

(Serves 6)

- | | |
|----------------------------------|----------------------|
| 6 egg yolks, beaten | 6 egg whites, beaten |
| $1\frac{1}{2}$ cups orange juice | 3 to 4 cups milk |
| $\frac{1}{4}$ cup sugar | Orange rind, grated |

Combine egg yolk, orange juice, and 1 teaspoon sugar; beat. Combine egg white and remaining sugar; beat. Fold most of egg white mixture into egg yolk mixture. Pour into tall glasses. Add milk to fill glass. Top with remaining white and orange rind.

Hot Peppermint Chocolate — see recipe on this page.





Prune Milk Shake — see recipe on this page

ICE CREAM CHOCOLATE PUNCH

(Serves 12)

- | | |
|-----------------------------|----------------------------------|
| 4 squares chocolate | 2 cups hot water |
| $\frac{1}{4}$ teaspoon salt | $1\frac{1}{2}$ teaspoons vanilla |
| $2\frac{1}{4}$ quarts milk | Whipped cream |
| 1 quart vanilla ice cream | Red and green sugar |
| $\frac{1}{2}$ cup sugar | |

Combine chocolate, sugar, salt, and water in the top of a double boiler placed directly over the heat. Bring to boil, stirring constantly. Stir over low heat for about 3 minutes. Place over hot water and add the milk gradually. When hot, beat with a rotary beater until smooth. Add vanilla. Chill and pour into a punch bowl. Add one-half of the ice cream and stir until partially melted. Sweeten the whipped cream and flavor with a little peppermint if desired. Place on top of the first mixture alternately with the remaining ice cream. Sprinkle the cream with colored sugar. (To make colored sugar, rub a little coloring into granulated sugar.) Increase recipe to serve large numbers.

PRUNE MILK SHAKE

(Serves 6)

- | | |
|-------------------------|-------------------|
| 3 cups milk | 1 cup prune juice |
| 1 cup vanilla ice cream | |

Place all ingredients in mixer and shake vigorously.

STRAWBERRY MILK SHAKE

(Serves 8 to 10)

- | | |
|-----------------------------|--------------------------------------|
| 1 quart strawberries | $\frac{1}{2}$ cup fresh cream |
| (fresh, frozen, or canned) | $\frac{3}{4}$ cup sugar |
| 5 cups fresh milk | $2\frac{1}{2}$ teaspoons lemon juice |
| $\frac{1}{4}$ teaspoon salt | |

Crush strawberries and press through a coarse sieve. Combine with milk and cream; add other ingredients, and mix thoroughly. Chill well before serving. Serve with a spoonful of whipped cream in each glass.

BREADS

*Hot • Yeast
Breakfast Cakes*



SOUR MILK PANCAKES

AT LEFT: the well-remembered kind that grandma used to make and with the same melt-in-your-mouth goodness. The recipe is on page 29 — just one of the many appetizing foods in this section.

APPLE-CHEESE SANDWICH BREAD

$\frac{1}{2}$ cup shortening	1 teaspoon baking powder
$\frac{2}{3}$ cup sugar	1 teaspoon baking soda
2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup ground unpeeled apples	$\frac{1}{2}$ cup grated American Cheese
2 cups flour	$\frac{1}{4}$ cup chopped nuts

Cream together shortening and sugar. Beat eggs, add apples and juice. Sift together flour, baking powder, baking soda, and salt, add alternately with egg mixture to creamed mixture. Add cheese and nuts. If apples are not juicy, add small amount of milk. Bake in greased loaf pan in moderate oven (350° F.) 1 hour.

APPLE FRITTERS

(Serves 6)

2 cups flour	2 egg yolks, well beaten
1 tablespoon baking powder	1 cup milk
$\frac{1}{4}$ teaspoon salt	2 cups sour apples, diced
1 teaspoon sugar	2 egg whites

Sift dry ingredients together, add combined egg yolks and milk. Add apples, fold in stiffly beaten egg whites. Drop from a tablespoon into deep fat (360° F.) and fry for 3 minutes.

APPLE MUFFINS

(12 to 16 muffins)

2 cups flour	1 cup apples, chopped
$\frac{1}{2}$ cup sugar	1 egg, beaten
3 teaspoons baking powder	1 cup milk
$\frac{1}{4}$ teaspoon salt	3 tablespoons butter, melted

Sift dry ingredients together, add apples, mix. Add combined liquid ingredients, mixing just enough to moisten. Pour into buttered muffin pans, filling two-thirds full. Sprinkle with the following crunch:

Crunch

$\frac{1}{3}$ cup brown sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{3}$ cup nut meats, chopped	

Bake in a hot oven (400° F.) 15 minutes.

APPLESAUCE ROLLS

(30 1½-inch rolls)

1	cake compressed yeast	½	teaspoon cinnamon
1	cup lukewarm applesauce	½	teaspoon allspice
2	tablespoons sugar	2¾	to 3½ cups sifted flour
1	teaspoon salt	1	tablespoon shortening
¼	teaspoon soda		

Soften yeast in small amount of lukewarm applesauce. Add sugar, salt, soda, cinnamon, and allspice to the remaining applesauce. Beat in two cups flour. Add yeast and mix well. Add shortening. Add remaining flour to form moderately stiff dough. Turn out on floured board and knead until smooth. Place in lightly greased bowl. Cover and let rise in warm place until doubled in bulk. Punch down. Shape into small rolls. Brush with melted fat. Place on greased baking sheet, ½ inch apart. Let rise until doubled in bulk. Bake in a moderate oven (375° F.) 20 minutes.

BANANA BREAD

(1 loaf)

½	cup butter	1	teaspoon baking powder
1	cup sugar	½	teaspoon soda
2	eggs, well beaten	2	tablespoons sour milk
2	cups flour	1½	cups banana pulp
1	teaspoon salt	½	cup nut meats, chopped

Cream butter and sugar, add eggs. Add sifted dry ingredients alternately with combined milk and bananas. Add nut meats. Bake in buttered loaf pan in a moderate oven (350° F.) 45 to 55 minutes.

BUTTERHORNS

(40 butterhorns)

1	cup milk, scalded	1	cake compressed yeast
1	cup butter	4½	cups flour (approximately)
½	cup sugar	2	eggs
1	teaspoon salt		Powdered sugar frosting (optional)

Add butter, sugar, and salt to hot milk. Cool to lukewarm. Add crumbled yeast, let stand 3 minutes. Add two cups flour. Beat well. Add eggs, then remaining flour. Knead until smooth. Let rise to twice its bulk. Divide dough into 40 buns. Roll each piece into long, narrow strip, roll with fingertips into shape of horns. Place on buttered baking sheet and let rise until light. Bake in a hot oven (425° F.) 20 to 30 minutes. Spread with powdered sugar frosting while warm.

BUTTERSCOTCH BREAD

(1 loaf)

2	cups flour	½	cup walnuts, chopped
1	teaspoon baking powder	2	eggs, beaten
½	teaspoon soda	1	cup sour milk or buttermilk
¼	teaspoon salt	2	tablespoons butter, melted
1	cup brown sugar		

Sift first 4 ingredients together, add sugar and nut meats. Add combined liquid ingredients, mixing just enough to moisten. Pour into buttered one-pound loaf pan and bake in a moderate oven (350° F.) 45 to 55 minutes.

CHEESE AND RICE FRITTERS

- | | |
|-----------------------------|---|
| 2 tablespoons flour | 2 tablespoons milk |
| 1 teaspoon baking powder | $\frac{1}{2}$ cup Natural American Cheese, grated |
| $\frac{1}{4}$ teaspoon salt | 1 egg, well beaten |
| 1 cup rice, boiled | 1 tablespoon butter, melted |

Sift dry ingredients together. Combine rice, eggs, cheese, and milk, and add to first mixture. Drop by spoonfuls on a hot buttered skillet, fry until a delicate brown. Turn and cook on reverse side.

CHEESE BREAD

(1 loaf)

- | | |
|---|------------------------------|
| 1 cup milk, scalded | 1 teaspoon salt |
| $\frac{3}{4}$ cup Natural American Cheese, grated | 1 cake compressed yeast |
| 1 tablespoon butter | 3 cups flour (approximately) |
| 2 tablespoons sugar | Butter, melted |

Add cheese, butter, sugar, and salt to hot milk. Stir until cheese is melted. Cool to lukewarm. Add crumbled yeast, let stand 3 minutes. Add flour to make soft dough, knead. Let stand in warm place until double in bulk. Shape into loaf. Place in buttered bread pan, brush top with butter. Let rise until double in bulk. Bake in a moderate oven (350° F.) 50 to 60 minutes.

Apple Fritters — see recipe on page 17



CHEESE BISCUITS

- | | |
|-----------------------------|---|
| 2 cups flour | 3 tablespoons butter |
| 4 teaspoons baking powder | $\frac{3}{4}$ cup Natural American Cheese, grated |
| $\frac{1}{2}$ teaspoon salt | $\frac{2}{3}$ cup milk |

Sift dry ingredients together, work or cut in butter and cheese. Add milk, beat until well mixed. Roll $\frac{1}{2}$ inch thick and cut into biscuits. Bake in a hot oven (400° F.) 15 minutes.

CHEESE BISCUIT ROLLS

(Serves 12)

- | | |
|-----------------------------|---------------------------------------|
| 2 cups flour | $\frac{3}{4}$ cup milk |
| 3 teaspoons baking powder | 2 tablespoons butter, melted |
| $\frac{1}{2}$ teaspoon salt | 1 cup Natural American Cheese, grated |
| $\frac{1}{4}$ cup butter | |

Sift dry ingredients together, work in butter. Add milk. Roll to $\frac{1}{2}$ inch thickness. Spread with butter and cheese. Roll like a jelly roll, slice. Bake on a buttered baking sheet in a hot oven (400° F.) 15 minutes.

CHEESE POPOVERS

(12 to 16 popovers)

- | | |
|-----------------------------|---------------------------------------|
| 1 cup flour | 1 cup milk |
| $\frac{1}{2}$ teaspoon salt | 1 cup Natural American Cheese, grated |
| 2 eggs, slightly beaten | |

Sift dry ingredients together, add combined liquid ingredients. Beat with egg beater until full of air bubbles. Drop a rounded teaspoon of batter into each section of hot and well-buttered muffin pans. Spread each with level tablespoon cheese, cover with another teaspoon batter. Bake in a hot oven (425° F.) 20 minutes, reduce heat to 350° F. and bake 15 to 20 minutes more.

CHEESE WAFFLES

- | | |
|---------------------------|--|
| 2 cups flour | 1 cup Natural American Cheese, grated |
| 2 teaspoons baking powder | 2 eggs |
| 1 teaspoon salt | $1\frac{1}{4}$ to $1\frac{1}{2}$ cups milk |
| 2 tablespoons sugar | $\frac{1}{4}$ cup butter, melted |

Sift dry ingredients together and add cheese. Add combined liquid ingredients. Bake in a hot waffle iron.

CINNAMON BALL COFFEE CAKE

1 $\frac{1}{4}$ cups milk, scalded	1 $\frac{1}{3}$ cups flour (approximately)
1 cup butter	1 egg yolks, beaten
3 tablespoons sugar	Butter, melted
1 teaspoon salt	Sugar and cinnamon, mixed
2 cakes compressed yeast	

Add butter, sugar, and salt to hot milk. Let cool to lukewarm. Add crumbled yeast, let stand 3 minutes. Add half flour, beat thoroughly, let stand in warm place 20 minutes. Add egg yolks and remainder of flour to make a soft dough. Let stand until double in bulk. Cut into balls, roll each in butter, then in sugar and cinnamon. Place in well buttered spring form, let stand until light. Sprinkle with sugar. Bake in a moderately hot oven (375° to 400° F.) 30 to 40 minutes.

COCOA WAFFLES

(8 to 10 waffles)

1 $\frac{1}{2}$ cups flour	3 egg yolks, beaten
3 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup butter, melted
$\frac{1}{3}$ cup sugar	3 egg whites
6 tablespoons cocoa	

Sift dry ingredients together. Add combined liquid ingredients. Fold in stiffly beaten egg whites. Bake in a hot waffle iron.

CORNMEAL WAFFLES

(8 to 10 waffles)

2 cups cake flour	1 egg yolks, well beaten
2 cups yellow cornmeal	2 cups milk
6 teaspoons baking powder	$\frac{1}{2}$ cup butter, melted
2 teaspoons salt	4 egg whites
3 tablespoons sugar	

Sift dry ingredients together. Add combined egg yolks, milk, and butter. Fold in stiffly beaten egg whites. Bake in hot waffle iron.

CRUMB CAKE

2 cups flour	2 eggs, well beaten
1 $\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup milk
2 teaspoons baking powder	Cinnamon
$\frac{1}{4}$ teaspoon salt	Nut meats, chopped
$\frac{1}{2}$ cup butter	

Sift dry ingredients together, cut or work in butter. Reserve 1 cup of mixture. To remaining mixture add combined eggs and milk, beat well. Pour into buttered coffee cake pan (9-inch). Cover top with reserved mixture. Sprinkle with cinnamon and nut meats. Bake in a moderate oven (350° to 375° F.) 30 to 45 minutes.

FILLED COFFEE CAKE

- | | |
|--------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter | 3 cups flour |
| 2 cups sugar | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon vanilla | 2 teaspoons baking powder |
| 4 eggs, well beaten | 1 cup milk |

Cream butter and sugar thoroughly, add vanilla, add eggs, blend well. Add sifted dry ingredients alternately with milk.

Filling

- | | |
|----------------------|--------------------------|
| 1 cup brown sugar | 1 teaspoon cinnamon |
| 2 tablespoons butter | 1 cup nut meats, chopped |
| 2 tablespoons flour | |

Blend brown sugar and butter. Add remaining ingredients, mix well. Pour layer of batter in buttered pan (8x12 inches), then layer of filling, until all is used and filling is on top. Bake in a moderate oven (350° to 375° F.) 30 to 40 minutes.

FRUIT NUT BREAD

(1 loaf)

- | | |
|--------------------------------------|------------------------------|
| $\frac{1}{2}$ cup dried apricots | 1 large orange |
| 2 cup flour | Boiling water |
| 2 teaspoons baking powder | $\frac{1}{2}$ cup raisins |
| 1 teaspoon soda | 1 egg, beaten |
| 1 teaspoon salt | 2 tablespoons butter, melted |
| 1 cup sugar | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup nut meats, chopped | |

Soak apricots $\frac{1}{2}$ hour. Sift dry ingredients together, add nut meats. Squeeze juice from orange, add boiling water to make $\frac{1}{2}$ cup. Put drained apricots, orange rind, and raisins through food chopper. Add egg, butter, and vanilla, add to dry ingredients, mixing just enough to moisten. Bake in buttered loaf pan in a moderate oven (350° F.) 45 to 55 minutes.

GINGER BREAD

- | | |
|----------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter | 1 teaspoon soda |
| 3 tablespoons sugar | $\frac{1}{2}$ teaspoon salt |
| 1 egg, beaten | 1 teaspoon cinnamon |
| 1 cup molasses | 1 teaspoon ginger |
| 2 $\frac{1}{4}$ cups flour | 1 cup boiling water |

Cream butter and sugar. Add egg and molasses. Add sifted dry ingredients alternately with water. Bake in buttered pan in a moderate oven (350° to 375° F.) 30 to 45 minutes.

GRAHAM CRACKER NUT BREAD

(1 loaf)

28 graham crackers	1 cup nut meats, chopped
$\frac{3}{4}$ teaspoon salt	3 eggs, beaten
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup butter, melted

Roll crackers fine, add salt, sugar, baking powder, and nut meats; mix thoroughly. Add combined liquid ingredients, mixing just enough to moisten. Bake in buttered loaf pan in a moderate oven (350° F.) about 45 minutes.

GRAHAM NUT BREAD

(2 loaves)

1 cup flour	$\frac{1}{2}$ cup nut meats, chopped
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon baking powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	1 cup sour milk
1 cup brown sugar	2 tablespoons butter, melted
1 cup graham flour	

Sift first 4 ingredients together, add brown sugar, graham flour, nut meats, and raisins; mix well. Add combined egg, milk, and butter. Bake in buttered pan (4x10x2 inches) or two 1-pound loaf pans in a moderate oven (350° F.) 45 to 55 minutes.

GRAPE NUT BREAD

(1 loaf)

1 cup flour	$\frac{1}{2}$ cup grape nuts
1 teaspoon baking powder	1 cup nut meats
1 teaspoon soda	1 egg, beaten
$\frac{1}{2}$ cup sugar	1 cup sour milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter, melted
$\frac{1}{2}$ cup graham flour	

Sift first 5 ingredients together, add graham flour, grape nuts, and nut meats. Add combined liquid ingredients, mixing just enough to moisten. Bake in buttered loaf pan in a moderate oven (350° F.) 45 to 55 minutes, or muffin tins in a hot oven (400° F.) 25 to 30 minutes.

GRIDDLE CAKES

(12 medium cakes)

$1\frac{1}{4}$ cups flour	1 egg, beaten
2 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter, melted

Sift dry ingredients together. Add combined liquid ingredients. Bake on hot griddle. Serve at once.

HOT CROSS BUNS

1 cup milk, scalded	1 egg, beaten
$\frac{1}{2}$ cup butter	4 to 5 cups flour (approximately)
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ teaspoon cinnamon
1 teaspoon salt	$\frac{1}{4}$ cup raisins
1 cake compressed yeast	

Add butter, sugar, and salt to hot milk. Cool. Add crumbled yeast, let stand 3 minutes. Add egg, flour, and cinnamon to make a soft dough. Add raisins. Let rise until light. Shape into large biscuits, place, an inch apart, on buttered baking pan. Let rise until light. Brush with beaten egg. Bake in a hot oven (400° F.) 20 minutes. When cool make a cross on top of each bun with confectioners' frosting.

HUSH PUPPIES

(To be cooked and eaten with fish)

2 cups cornmeal	1 teaspoon salt
1 tablespoon flour	1 whole egg
$\frac{1}{2}$ teaspoon soda	3 tablespoons chopped onion, fine
1 teaspoon baking powder	(optional)
1 cup buttermilk	

Mix all ingredients together. Add onion, then milk, and last the beaten egg. Drop by the spoonfuls into a pan or kettle, in which fish is being fried. Fry to a golden brown. Drain on paper, the same as fried fish. If a deep kettle is being used the hush puppy breads will float when done.

Hush Puppy is a southern dish cooked at all fish fries and on hunting trips. At first they were made to feed the hungry howling hounds or hunting dogs to keep them quiet, hence "hush puppy." Later they were more carefully made and eaten by the entire party. This old colonial custom has been handed down to the present day.

JUICY CINNAMON ROLLS

(20 rolls)

$\frac{3}{4}$ cup milk	1 cake compressed yeast
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
3 tablespoons butter	1 egg
1 teaspoon salt	4 cups flour

Scald milk, pour over sugar, shortening, and salt in mixing bowl. Cool to lukewarm. Soften yeast in warm water; add beaten egg and mix well; add to milk mixture. Add about half the flour and beat thoroughly. Add remaining flour and mix well. Grease top of dough slightly and cover bowl. Let rise until doubled. Roll out on a floured board to $\frac{1}{2}$ inch thickness; spread with melted $\frac{1}{3}$ cup butter and 1 cup brown sugar mixed with 1 teaspoon cinnamon. Roll up as for a jelly roll. Cut in 1-inch slices. Spread a pan with $\frac{3}{4}$ cup brown sugar and 3 tablespoons butter melted together. Place cut side of roll down on sugar mixture. Let rise until doubled. Temperature—400° F. Time—30 to 35 minutes.

KAFFEE KUCHEN

(Coffee Cake)

(Serves 12)

Dough

- | | |
|--------------------------|-------------------------|
| 1 cup milk, scalded | 1 cake compressed yeast |
| $\frac{1}{2}$ cup butter | 2 eggs, beaten |
| $\frac{1}{4}$ cup sugar | 1 cups flour |
| 1 teaspoon salt | |

Add butter, sugar, and salt to hot milk. Cool to lukewarm. Add crumbled yeast, let stand 3 minutes. Add eggs and flour. Beat well. Put in refrigerator over night. In morning pat into buttered spring form or baking pan and let rise until light.

Streusel

- | | |
|-------------------------|----------------------|
| $\frac{1}{2}$ cup flour | 2 tablespoons butter |
| $\frac{1}{4}$ cup sugar | 1 teaspoon cinnamon |

Combine all ingredients, mix with fingers until small lumps are formed. Spread over dough after it has raised. Bake in a moderately hot oven (375° to 425° F.) $\frac{1}{2}$ hour.

Frosting

- | | |
|--------------------------|--|
| $\frac{1}{4}$ cup butter | $\frac{1}{3}$ cup confectioners' sugar |
| 2 tablespoons milk | |

Cook ingredients for 10 minutes. Put over Kaffee Kuchen when taken from oven.

Juicy Cinnamon Rolls — see recipe on page 24





meal Muffins — see recipe on this page.

MAPLE SYRUP MUFFINS

(12 to 16 muffins)

- | | |
|-----------------------------|----------------------------------|
| 2 cups flour | $\frac{1}{2}$ cup milk |
| 4 teaspoons baking powder | $\frac{1}{2}$ cup maple syrup |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup butter, melted |
| 1 egg, well beaten | |

Sift dry ingredients together, add combined liquid ingredients, mixing just enough to moisten. Pour into well buttered muffin pans, filling two-thirds full. Bake in a hot oven (400° F.) 20 minutes.

OATMEAL MUFFINS

(12 to 16 muffins)

- | | |
|-------------------------------------|-----------------------------|
| 1 cup milk, scalded | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter | 1 egg, well beaten |
| $\frac{3}{4}$ cup oatmeal, uncooked | $1\frac{1}{2}$ cups flour |
| 3 tablespoons sugar | 4 teaspoons baking powder |

Melt butter in hot milk, pour over oatmeal, let stand 3 minutes. Add sugar, salt, and egg. Add sifted dry ingredients, mixing just enough to moisten. Bake in buttered muffin pans in a hot oven (400° F.) 20 to 25 minutes.

ORANGE-RAISIN MUFFINS

(12 to 16 muffins)

- | | |
|------------------------------------|--|
| 2 cups flour | $\frac{1}{2}$ teaspoon orange rind, grated |
| $\frac{1}{3}$ cup sugar | $\frac{1}{3}$ cup orange juice, strained |
| $\frac{3}{4}$ teaspoon soda | 1 egg, well beaten |
| $\frac{1}{2}$ teaspoon salt | $\frac{2}{3}$ cup sour milk or buttermilk |
| $\frac{1}{2}$ cup seedless raisins | $\frac{1}{3}$ cup butter, melted |

Sift dry ingredients together three times. Add raisins and orange rind. Add combined liquid ingredients, mixing just enough to moisten. Fill buttered muffin pans two-thirds full. Bake in a hot oven (400° to 425° F.) 25 minutes.

ORANGE ROLLS

- | | |
|-----------------------------|------------------------------|
| 1 cup milk, scalded | 1 cake compressed yeast |
| 3 tablespoons butter | 3 eggs, slightly beaten |
| $\frac{1}{2}$ cup sugar | 1 cups flour (approximately) |
| $\frac{1}{2}$ teaspoon salt | |

Add butter, sugar, and salt to hot milk. Cool to lukewarm. Add crumbled yeast, let stand 3 minutes. Add egg and flour. Knead to form a soft dough. Let rise until double in bulk. Punch down. Let rise again until double in bulk.

Orange Filling

- | | |
|--------------------------|--------------------------|
| $\frac{1}{3}$ cup butter | Kind of 1 orange, grated |
| $\frac{1}{2}$ cup sugar | |

Blend all ingredients together well. Roll dough as for cinnamon rolls and fill with filling. Let rise until light. Bake in a hot oven (400° to 425° F.) 20 to 25 minutes.

PASTRY ROLLS

- | | |
|-----------------------------------|------------------------------|
| $1\frac{1}{2}$ cups milk, scalded | 1 cake compressed yeast |
| 1 cup butter | 3 egg yolks, beaten |
| 2 tablespoons sugar | 4 cups flour (approximately) |
| 1 teaspoon salt | |

Add butter, sugar, and salt to hot milk. Cool to lukewarm. Add crumbled yeast, let stand 3 minutes. Add eggs and flour. Knead to form a soft dough. Place in refrigerator over night. Roll small amount at a time, keeping the rest of the dough cold. Roll to $\frac{1}{4}$ -inch thickness. Cut in triangular pieces. Spread with melted butter and roll with point to outside. Let rise until very light. Bake in a moderately hot oven (375° to 400° F.) 20 to 25 minutes.

POTATO PANCAKES

- | | |
|------------------------------------|--------------------------------------|
| 6 large or 8 medium-sized potatoes | 2 tablespoons butter |
| 4 eggs, beaten | $\frac{1}{4}$ teaspoon baking powder |
| 1 teaspoon salt | $\frac{1}{4}$ cup cream |

Peel, grate, and drain potatoes. Add remaining ingredients. Drop by spoonfuls onto hot griddle. When brown on one side turn and brown on the other. Serve with butter and pork links.

PRUNE BREAD

(2 loaves)

- | | |
|--|-------------------------------|
| 2 cups flour | 1 cup nut meats |
| $\frac{1}{2}$ teaspoon baking powder | 1 egg, beaten |
| 1 teaspoon soda | $1\frac{1}{2}$ cups sour milk |
| 1 cup sugar | $\frac{3}{4}$ cup prune juice |
| 1 teaspoon salt | 2 tablespoons butter, melted |
| 2 cups graham flour | 1 cup prunes, stewed |
| $1\frac{1}{2}$ cups candied fruit (optional) | |

Sift first 5 ingredients together, add graham flour, candied fruit, and nut meats. Add combined liquid ingredients (including stewed prunes), mixing just enough to moisten. Bake in two buttered loaf pans in a moderate oven (350° F.) 45 to 55 minutes.

PEANUT QUICK BREAD

(1 loaf)

- | | |
|-----------------------------|---|
| 3 cups flour | 1 egg |
| 5 teaspoons baking powder | $1\frac{1}{4}$ cups milk |
| 1 teaspoon salt, if desired | $\frac{1}{3}$ cup peanut oil or melted shortening |
| $\frac{1}{2}$ cup sugar | |
| 1 cup salted peanuts | |

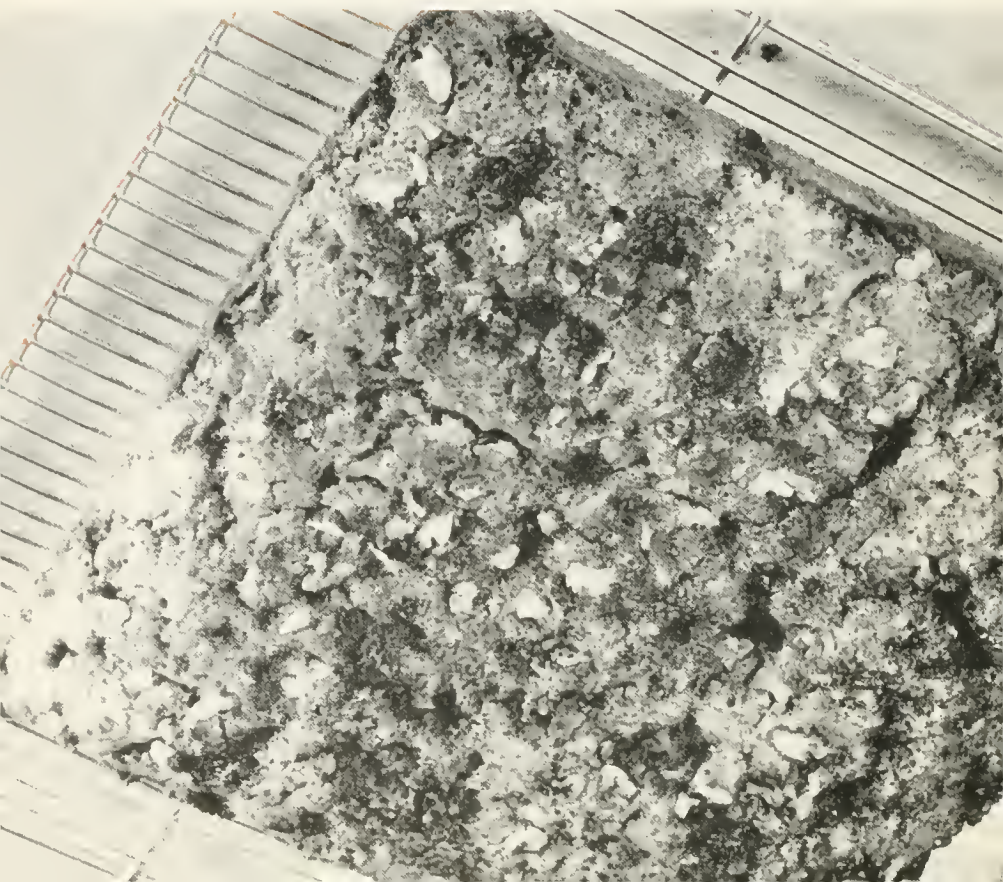
Sift dry ingredients, add coarsely ground peanuts. Beat egg, add milk and shortening. Add to dry ingredients and mix carefully. Turn into greased loaf pan and bake in moderately slow oven (300° to 325° F.) for $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. Delicious for cream cheese sandwiches.

QUICK COFFEE CAKE

- | | |
|-----------------------------|--------------------------------------|
| $\frac{1}{4}$ cup butter | 1 cup milk |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup brown sugar |
| 2 eggs, well beaten | $\frac{1}{2}$ cup nut meats, chopped |
| $1\frac{1}{2}$ cups flour | 1 teaspoon cinnamon |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon butter |
| 2 teaspoons baking powder | 1 tablespoon flour |

Cream butter and sugar, add eggs. Add sifted dry ingredients alternately with milk. Put half of dough in buttered pan. Combine remaining ingredients, put half of this nut mixture on dough, cover with remaining dough and sprinkle with remaining nut mixture. Bake in buttered pan (8x8 inches) in a moderate oven (350° to 375° F.) 30 to 45 minutes.

Quick Coffee Cake see recipe on this page.



RAISED MUFFINS

(16 to 20 muffins)

1 cup milk, scalded	1 cake compressed yeast
2 tablespoons butter	2½ cups flour
1 tablespoon sugar	2 eggs, well beaten
1 teaspoon salt	

Add butter, sugar, and salt to hot milk. Cool to lukewarm, add crumbled yeast, let stand 3 minutes. Add half the flour, then eggs and remaining flour, beating thoroughly. Beat for 5 minutes. Let rise until double its bulk. Beat, then drop into buttered muffin pans. Let rise until light. Bake in a hot oven (425° F.) 20 to 25 minutes.

SOUR MILK PANCAKES

See full color illustration on page 16

(Serves 4 to 6)

2 cups flour	2 cups sour milk
2 tablespoons sugar	2 tablespoons butter, melted
1 teaspoon salt	2 eggs, well beaten
1 teaspoon soda	

Sift dry ingredients together, add milk. Stir lightly. Add butter and fold in eggs. Bake on hot, ungreased griddle.

SOUR MILK GINGER BREAD

(Serves 12)

¼ cup butter	1 teaspoon baking powder
½ cup sugar	1 teaspoon ginger
1 egg, well beaten	½ teaspoon salt
½ cup molasses	½ cup sour milk
1⅔ cups flour	2 tablespoons sugar
½ teaspoon soda	1 teaspoon cinnamon

Cream butter and sugar thoroughly, add egg and molasses, blend. Add sifted dry ingredients alternately with milk, beat until smooth. Pour into buttered pan and sprinkle top with sugar and cinnamon. Bake in a moderate oven (350° F.) 45 minutes.

SOUTHERN CORN BREAD

1 cup sour milk	½ teaspoon salt
½ teaspoon soda dissolved in 1 teaspoon water	1½ cups cornmeal
1 egg yolk	White of one egg beaten stiff and added last

Mix in the order given and bake in muffin tins or in a shallow pan in a moderate to hot oven (400° to 425° F.) for 20 minutes. To be a real southern corn bread this should be made of white cornmeal made from the whole grain.



Tea Ring — see recipe on this page.

SPoon CORN BREAD

- | | |
|----------------------|-------------------------|
| 2 cups water | 1 tablespoon shortening |
| 1 cup white cornmeal | 1 teaspoon salt |
| 1 cup milk | 2 eggs |

Mix the water and cornmeal and bring slowly to the boiling point. Cook five minutes. Add the milk, shortening, salt, and well beaten eggs. Beat thoroughly and bake in a well-greased pan or casserole for 25 minutes at 400° F. Serve from the same dish with a spoon.

TEA RING

(4 10-inch rings)

- | | |
|------------------------------|---------------------------------------|
| 2 cups milk, scalded | 3 eggs, well beaten |
| 6 tablespoons butter | 1 cup Natural American Cheese, grated |
| ½ cup sugar | ¼ cup butter, melted |
| 2 teaspoons salt | 1 cup brown sugar |
| 2 cakes compressed yeast | 1 cup raisins |
| 7 cups flour (approximately) | |

Add butter, sugar, and salt to hot milk. Let cool. Add crumbled yeast, let stand 3 minutes. Add 3 cups flour. Beat thoroughly. Add eggs, cheese and remainder of flour, or enough to make a soft dough. Knead lightly. Let rise until doubled in bulk. Roll out in oblong form ¼ inch thick. Brush with melted butter. Sprinkle with brown sugar and raisins. Roll up lengthwise, cut into quarters and form each quarter into a circle on a buttered baking sheet. With scissors cut ¾-inch slices almost through the roll. Turn each slice partly on its side. Let rise until light. Bake in a hot oven (400° to 425° F.) 25 to 30 minutes.

WAFFLES — I

(8 to 10 waffles)

2 eggs, well beaten	2 teaspoons baking powder
1 cup sour milk	1 teaspoon soda
1 cup sour cream	$\frac{1}{2}$ teaspoon salt
2 cups flour	6 tablespoons butter, melted

Combine liquid ingredients. Add sifted dry ingredients. Add butter, beat with a rotary beater until smooth. Bake in hot waffle iron.

WAFFLES — II

(8 waffles)

3 cups flour	3 egg yolks, well beaten
$3\frac{1}{2}$ teaspoons baking powder	2 cups milk
$\frac{3}{4}$ teaspoon salt	3 egg whites
$\frac{3}{4}$ cup butter	

Sift dry ingredients together. Work in butter until mixture is as fine as cornmeal. Combine egg yolks and milk, add to first mixture, beat until smooth. Fold in stiffly beaten egg whites. Bake in a hot waffle iron. Serve hot with maple syrup.

Cheese-Bacon Waffles

Add 1 cup grated cheese to batter and drop by spoonfuls in hot waffle iron. Place two strips of bacon across top before closing iron.

WHIPPED CREAM WAFFLES

(4 waffles)

$\frac{2}{3}$ cup flour	2 egg yolks, well beaten
$\frac{1}{3}$ cup sugar	1 cup cream, whipped
1 teaspoon baking powder	1 tablespoon butter, melted
$\frac{1}{4}$ teaspoon salt	2 egg whites

Sift dry ingredients together. Add combined egg yolks, cream, and butter. Fold in stiffly beaten egg whites. Bake in hot waffle iron. Serve with maple syrup or honey and sausages.

WHOLE WHEAT GRIDDLE CAKES

1 cup whole wheat flour	3 tablespoons brown sugar
$\frac{1}{2}$ cup flour	2 eggs
$\frac{1}{2}$ cup quick oatmeal	1 cup sour cream
1 teaspoon soda	1 cup sour milk
1 teaspoon salt	

Combine dry ingredients. Add combined liquid ingredients and beat well. The batter will be thick. Bake on hot griddle.

CAKES

*Cookies
and Frostings*



ASSORTMENT OF COOKIES

AT LEFT: not only interesting and inviting, but the kind of cookies which disappear quickly from plate and cookie jar. Every one of the more than fifty recipes in this section is a real taste treat.

APPLESAUCE CAKE

$\frac{1}{2}$ cup butter	1 teaspoon soda
1 cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{4}$ teaspoon cloves
1 cup nut meats, coarsely broken	$\frac{1}{2}$ teaspoon nutmeg
1 cup raisins, cut	1 teaspoon cinnamon
2 cups flour	1 cup thick applesauce

Cream butter and sugar thoroughly. Add egg, beat well. Add nut meats and raisins. Sift dry ingredients together three times, add alternately with applesauce, beat well. Bake in buttered loaf pan (8x4x3 inches) in a moderate oven (350° F.) 45 minutes.

APPLESAUCE COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon soda
1 cup sugar	1 teaspoon baking powder
1 egg	1 cup thick unsweetened applesauce
$2\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup chopped nut meats
$\frac{1}{4}$ teaspoon cloves	
$\frac{1}{2}$ teaspoon salt	

Cream together butter and sugar until light and fluffy. Add egg. Beat well. Sift together flour, cinnamon, cloves, salt, soda, and baking powder. Add alternately with applesauce to creamed mixture. Add raisins and nuts. Drop from spoon on greased cookie sheet about two inches apart. Bake in moderately hot oven (400° F.) 15 to 20 minutes.

BAKED FRENCH BREAKFAST DOUGHNUTS

(12 to 18 doughnuts)

5 tablespoons butter	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
1 egg, beaten	6 tablespoons butter, melted
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup sugar
$2\frac{1}{4}$ teaspoons baking powder	1 teaspoon cinnamon
$\frac{1}{4}$ teaspoon salt	

Cream butter and sugar thoroughly. Add egg, mix well. Add sifted dry ingredients alternately with milk. Fill buttered muffin tins half full. Bake in a moderate oven (350° F.) 20 to 25 minutes. Take out of pan immediately, roll in butter, sugar, and cinnamon.

BANANA CAKE

$\frac{1}{2}$ cup butter	2 cups cake flour
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon soda
1 cup banana, mashed	1 teaspoon baking powder
$\frac{1}{2}$ cup dates, chopped	$\frac{1}{2}$ cup nut meats
1 cup crushed pineapple, drained	$\frac{1}{2}$ cup sour milk

Cream butter and sugar thoroughly, add bananas, dates, and pineapple. Sift dry ingredients three times, mix in the nuts and add alternately with sour milk. Bake in a moderate oven (350° F.) 35 to 40 minutes. Frost with caramel icing.

BANANA DROP COOKIES

1 cup butter	1 teaspoon baking powder
1 cup sugar	1 teaspoon soda
2 eggs, well beaten	$\frac{1}{2}$ cup sour cream
$1\frac{1}{2}$ cups banana, mashed	$\frac{1}{2}$ cup walnut meats
3 cups flour	

Cream butter and sugar thoroughly, add eggs and bananas. Add sifted dry ingredients alternately with cream, add nuts. Drop by teaspoonfuls on buttered baking sheet. Bake in a moderate oven (350° F.) 12 to 15 minutes.

BLITZ TORTE

(Serves 16)

$\frac{1}{2}$ cup butter	1 cup cake flour
$\frac{1}{2}$ cup sugar	1 teaspoon baking powder
1 teaspoon vanilla	$\frac{1}{8}$ teaspoon salt
4 egg yolks, well beaten	5 tablespoons milk

Topping

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
4 egg whites	1 tablespoon sugar

Cream butter and sugar thoroughly, add vanilla. Add egg yolks, beating well. Sift dry ingredients and add alternately with milk. Pour into two cake pans lined with waxed paper. Beat egg whites until stiff, fold in sugar, then spread over cake batter. Sprinkle sugar and cinnamon over top. Bake in moderate oven (350° F.) 30 to 40 minutes. When cool spread custard filling between layers. May be served with whipped cream.

Custard Filling

$\frac{1}{2}$ cup sugar	2 cups scalded milk
2 tablespoons cornstarch	Almond flavoring
2 egg yolks, beaten	

Blend sugar and cornstarch, add egg yolks. Pour milk on this mixture and cook, stirring constantly until thick. Add flavoring. Cool before putting between layers.

BROWNIES

(2 dozen)

1 cup butter	½ cup cocoa
2 cups sugar	2 cups cake flour
1 teaspoon vanilla	1 cup nut meats
2 eggs, well beaten	

Cream butter and sugar thoroughly, add vanilla and eggs. Add combined cocoa and flour, beat well. Add nut meats. Bake in buttered baking pans in a moderate oven (350° F.) 20 to 25 minutes. Cool, cut in squares or strips before removing from pan.

BUTTER CAKE

½ cup butter	2 eggs, well beaten
1½ cups sugar, sifted	2¾ cups cake flour
¾ teaspoon salt	2 teaspoons baking powder
1 teaspoon lemon extract	1 cup milk
¼ teaspoon mace	

Cream butter and sugar thoroughly, add salt, flavorings, and eggs; blend well. Sift flour and baking powder three times, add alternately with milk. Bake in two buttered layer pans (9 inches) in a moderate oven (350° F.) 25 to 30 minutes.

BUTTERMILK DOUGHNUTS

(40 doughnuts)

2½ tablespoons butter	1 teaspoon soda
1½ cups sugar	¾ teaspoon salt
2 eggs	½ teaspoon ginger
4 cups flour (approximately)	½ teaspoon nutmeg
2 teaspoons baking powder	1 cup buttermilk

Combine butter and sugar, add eggs, beat well. Sift 3 cups flour and remaining dry ingredients together three times; add alternately with buttermilk, mix. Add remaining flour slowly until dough is of right consistency for rolling. Roll, cut, fry in deep fat (365° F.).

BUTTERMILK TORTE

(Serves 12 to 16)

¾ cup butter	1 teaspoon cinnamon
2 cups brown sugar	¼ teaspoon cloves
1 teaspoon vanilla	¼ teaspoon salt
2 egg yolks	1¼ cups buttermilk
2⅔ cups cake flour	1 cup brown sugar
1 teaspoon soda	2 egg whites
1 teaspoon baking powder	¼ to 1 cup nut meats, chopped

Cream butter and sugar thoroughly, add vanilla and egg yolks, mix well. Sift dry ingredients together three times, add alternately with buttermilk, mix until smooth. Pour into buttered and floured torte pan. Combine brown sugar and stiffly beaten egg whites slowly. Spread on batter, sprinkle with nut meats. Bake in a moderate oven (350° F.) 35 to 45 minutes.

BUTTERSCOTCH REFRIGERATOR COOKIES

1½ cups butter	3½ to 4 cups flour
1½ cups brown sugar	1 teaspoon baking powder
3 eggs, beaten	½ teaspoon soda
2 teaspoons vanilla	¾ teaspoon salt

Cream butter and sugar thoroughly. Add eggs and vanilla. Add sifted dry ingredients to make a dough. Chill. Shape into two rolls, 2 to 3 inches thick. Wrap in waxed paper, chill. Slice when firm. Bake on buttered cookie sheet in a moderately hot oven (375° F.) 10 to 12 minutes.

CHOCOLATE SPONGE CAKE

2 squares chocolate	2¼ teaspoons baking powder
1½ cups sugar	½ teaspoon salt
1 cup milk	2 tablespoons water
1 teaspoon vanilla	4 egg yolks
1¼ cups cake flour	4 egg whites

Add chocolate and ½ cup sugar to milk in double boiler, cook 10 minutes, stirring constantly. Cool covered, stirring occasionally. Add vanilla. Sift flour, baking powder, salt, and ½ cup sugar together three times. Add water to egg yolks, beat with rotary beater until thick and lemon colored. Add ½ cup sugar gradually, beating until thick, about 5 minutes. Fold dry ingredients in alternately with chocolate mixture, one-half at a time, adding half of chocolate mixture last. Fold in stiffly beaten egg whites. Bake in buttered pan (9½x12 inches) in a moderate oven (350° F.) 30 to 40 minutes.

Brownies — see recipe on page 35.



CHOCOLATE CREAM CAKE

1 cup whipping cream	4 tablespoons cocoa
3 egg whites	$\frac{1}{2}$ teaspoon salt
2 cups cake flour	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups sugar	1 teaspoon vanilla
3 teaspoons baking powder	

Whip cream stiff, add stiffly beaten egg whites, mix together lightly. Sift dry ingredients together three times, add alternately with combined milk and vanilla. Bake in two buttered and floured layer cake pans or square loaf pan (10-inch) in a moderate oven (350° F.) 30 to 35 minutes for layers or 45 minutes for loaf.

CHOCOLATE DROP COOKIES

$\frac{1}{2}$ cup butter	1 teaspoon cinnamon
1 cup brown sugar	$\frac{1}{4}$ teaspoon salt
2 squares chocolate, melted	$\frac{1}{2}$ teaspoon soda
2 eggs, beaten	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon vanilla	1 cup nut meats
$1\frac{1}{2}$ cups flour	1 cup raisins or dates

Cream butter and sugar thoroughly, add chocolate, eggs, and vanilla; mix thoroughly. Add sifted dry ingredients alternately with milk, stir until well blended. Add nut meats and fruit. Drop by teaspoonfuls, two inches apart, on buttered baking sheet. Bake in a moderate oven (350° F.) 12 to 15 minutes.

CHOCOLATE POTATO CAKE

$\frac{2}{3}$ cup butter	$\frac{1}{2}$ teaspoon nutmeg
2 cups sugar	1 cup milk
4 egg yolks, beaten	1 cup hot mashed potatoes
2 cups cake flour	2 squares chocolate, grated
2 teaspoons baking powder	1 cup walnuts, chopped
1 teaspoon cinnamon	4 egg whites
1 teaspoon cloves	Rind of 1 lemon, grated

Cream butter and sugar thoroughly, add egg yolks. Add sifted dry ingredients alternately with milk. Then add lukewarm potatoes in which the chocolate has been melted, add walnuts. Fold in beaten egg whites. Bake in layers or in flat loaf tin in a moderate oven (350° F.) 35 to 45 minutes. Note: 1 cup cottage cheese may be used instead of mashed potatoes. When using cottage cheese the chocolate should be melted. Cover with icing.

COTTAGE CHEESE CAKE

(Serves 12 to 16)

$\frac{1}{2}$ cup cake flour	$\frac{1}{2}$ cup sugar
1 teaspoon baking powder	$\frac{1}{2}$ cup butter
$\frac{1}{4}$ teaspoon salt	1 egg, slightly beaten

Combine all ingredients like pie crust, using egg for liquid. Line a torte pan that is 5 inches deep.

Filling

$1\frac{1}{2}$ pounds cottage cheese	2 tablespoons butter, melted
$1\frac{1}{2}$ cups sugar	Rind of 1 lemon, grated
5 egg yolks	Juice of 1 lemon
$\frac{1}{4}$ cup flour	5 egg whites
$\frac{1}{4}$ teaspoon nutmeg	2 tablespoons cream

Sieve cheese twice. Add sugar, egg yolks, flour, nutmeg, butter, lemon rind, and lemon juice. Fold in stiffly beaten egg whites and cream. Pour into crust. Bake in a hot oven (425° F.) 5 minutes, reduce to moderately slow oven (325° F.) and bake until filling is firm.

COTTAGE CHEESE REFRIGERATOR COOKIES

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
$\frac{1}{4}$ cup cottage cheese	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt

Blend butter and cheese thoroughly. Gradually add sifted dry ingredients. Form into a loaf or roll, chill overnight, slice thin. Bake on buttered baking sheet in a moderate oven (350° F.) 10 minutes, or until delicately browned.

COTTAGE CHEESE TORTE

(Serves 16 to 20)

Crust

30 graham crackers, rolled fine	$\frac{1}{4}$ cup butter, melted
1 cup sugar (scant)	

Remove a portion of the crumbs for top. Combine all ingredients, mix well. Press into two long, narrow pans. Bake 5 minutes in moderate oven.

Filling

2 pounds cottage cheese	5 eggs, beaten
1 cup sugar	1 cup cream
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup milk
1 teaspoon vanilla	Salt

Sieve cottage cheese, add sifted dry ingredients, then vanilla, eggs, combined cream, milk, and salt. Pour into crust, cover with remaining crumbs. Bake in a hot oven (425° F.) 15 minutes, reduce heat to a moderate oven (350° F.), bake until firm.

CREAM DOUGHNUTS

(36 to 40 doughnuts)

2 eggs	$\frac{1}{2}$ teaspoon nutmeg
2 egg yolks	2 teaspoons salt
1 cup sugar	$\frac{1}{4}$ cup thick cream
4 cups flour	$\frac{3}{4}$ cup milk
6 teaspoons baking powder	$\frac{1}{2}$ teaspoon lemon extract

Beat eggs and egg yolks together, add sugar gradually. Sift dry ingredients together two times, add alternately with cream, milk, and lemon extract. Pat and roll out $\frac{1}{3}$ inch thick. Cut with doughnut cutter. Fry in deep fat at 365° to 375° F. until browned. Drain on paper.

FRUIT CENTER CHEESE DAINTIES

(18 to 20)

$\frac{3}{4}$ cup butter	$2\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups cottage cheese	$\frac{1}{3}$ to $\frac{1}{2}$ cup cold water

Combine all ingredients as for pie crust. Chill dough for an hour. Roll, cut in rectangles, fill with fruit (preferably applesauce, dates, or apricots). Fold in half, pinch edges together with fingers. Bake in a hot oven (400° F.) 15 to 20 minutes. While hot, frost with butter frosting (optional).

GOLD CAKE

$\frac{1}{2}$ cup butter	2 cups cake flour
1 cup sugar	2 teaspoons baking powder
1 teaspoon vanilla	$\frac{1}{4}$ teaspoon salt
3 egg yolks, well beaten	$\frac{3}{4}$ cup milk

Cream butter and sugar thoroughly, add vanilla and egg yolks, beat well. Sift dry ingredients together three times, add alternately with milk. Bake in buttered sheet pan ($9\frac{1}{4}\times 14$ inches) in a moderate oven (350° F.) 55 to 60 minutes.

Fruit Center Cheese Dainties — see recipe on this page.





Doughnuts — see recipe on page 35.

FRUIT COOKIES

- | | |
|--|---|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teaspoon soda |
| 1 cup brown sugar | $\frac{1}{4}$ cup thick sour milk |
| 1 egg, beaten | $\frac{3}{4}$ cup pecans, broken |
| $1\frac{3}{4}$ cups flour (reserve small amount) | $\frac{3}{4}$ cup candied cherries, chopped |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup dates, chopped |

Cream butter and sugar thoroughly, add egg. Add sifted dry ingredients alternately with sour milk, add nuts and fruit with last addition of flour. Drop by teaspoonfuls on buttered baking sheet. If desired, place a pecan on each cookie. Bake in a moderate oven (350° F.) 12 to 15 minutes.

GOLDEN GLOW CAKE

- | | |
|------------------------------------|--------------------------------------|
| 2 cups cake flour | 3 egg yolks, beaten |
| 3 teaspoons baking powder | 3 egg whites |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{4}$ cup water |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon vanilla |
| $1\frac{1}{4}$ cups whipping cream | $\frac{1}{2}$ teaspoon lemon extract |

Sift dry ingredients together three times. Whip cream until very stiff. Fold egg yolks through stiffly beaten egg whites, then fold into cream. Add water and extracts slowly. Fold into dry ingredients. Bake in two buttered and floured pans (8 or $8\frac{1}{2}$ inches) in a moderate oven (350° F.) 30 to 35 minutes.

HONEY SPICE CAKE

- | | |
|---------------------|---------------------|
| 1 cup butter | 1 teaspoon soda |
| 2 cups honey | 1 teaspoon ginger |
| 2 eggs, well beaten | 1 teaspoon cinnamon |
| 4 cups flour | 1 cup sour milk |

Blend butter and honey, add eggs. Sift dry ingredients together three times, add alternately with sour milk. Bake in buttered pan in a moderately hot oven (375° to 400° F.) 45 minutes.

HOT MILK SPONGE CAKE

1 cup sugar	2 teaspoons baking powder
2 eggs, slightly beaten	$\frac{1}{2}$ teaspoon salt
1 teaspoon flavoring	2 tablespoons butter
1 cup cake flour	$\frac{1}{2}$ cup hot milk

Combine sugar and eggs, beat thoroughly, add flavoring. Add sifted dry ingredients, mix well. Combine butter and milk, stir until butter melts, add to cake mixture. Mix until smooth. Bake in buttered pan in a moderate oven (350° F.) 30 to 40 minutes.

LAZY DAISY CAKE

2 eggs	1 teaspoon baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	$\frac{1}{2}$ cup milk
1 cup cake flour	2 tablespoons butter

Combine eggs, sugar, and vanilla and beat until thick. Add sifted dry ingredients. Heat milk and butter to boiling point, add to above mixture. Bake in buttered pan (8x8 inches) in a moderate oven (350° F.) 30 to 40 minutes. Remove from oven and frost.

Frosting

$\frac{3}{4}$ cup brown sugar	$\frac{3}{4}$ cup cream
$\frac{1}{2}$ cup butter, melted	1 cup coconut

Combine all ingredients, blend well. Frost cake, return to hot oven or broiler to brown.

Lazy Daisy Cake — recipe on this page



NUT CAKE

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	$\frac{1}{2}$ cup milk
1 teaspoon vanilla	1 cup walnuts or butternuts, crushed
2 egg yolks	2 egg whites
$1\frac{1}{3}$ cups cake flour	
2 teaspoons baking powder	

Cream butter and brown sugar thoroughly. Add vanilla, then egg yolks, mix well. Add sifted dry ingredients alternately with milk. Add nut meats, stir slightly. Add beaten egg whites, folding lightly. Bake in two buttered layer pans (8-inch) in a moderate oven (350° F.) 30 minutes.

NUT DEVIL'S FOOD

$\frac{1}{2}$ cup butter	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups brown sugar	$\frac{3}{4}$ cup sour milk
4 squares chocolate, melted	$1\frac{1}{2}$ cups nut meats, ground
4 egg yolks	2 egg whites
$1\frac{1}{2}$ cups cake flour	

Cream butter and sugar thoroughly, add chocolate and egg yolks, beat well. Sift dry ingredients together three times, add alternately with sour milk. Add nut meats. Fold in stiffly beaten egg whites. Bake in three buttered layer pans (8-inch) in a moderate oven (350° F.) 30 to 40 minutes.

NUT REFRIGERATOR COOKIES

1 cup butter	4 cups flour
2 cups brown sugar	$\frac{1}{2}$ teaspoon soda
1 teaspoon vanilla	1 teaspoon baking powder
2 eggs, beaten	$\frac{1}{2}$ teaspoon salt
1 cup nut meats, broken	

Cream butter and sugar, add vanilla and eggs, add nut meats. Add sifted dry ingredients, mix well. Form into one long roll, wrap in waxed paper, chill overnight. Cut in thin slices. Bake on buttered cookie sheet in a moderately hot oven (375° F.) 10 to 15 minutes.

OATMEAL COOKIES

(4 $\frac{1}{2}$ dozen)

1 cup butter	2 teaspoons cinnamon
$1\frac{3}{4}$ cups brown sugar	$\frac{3}{4}$ cup sour milk
2 eggs or 6 egg yolks	2 cups rolled oats
2 cups flour	$\frac{1}{2}$ cup nut meats, broken
1 teaspoon salt	1 cup raisins, coarsely ground
1 teaspoon soda	

Cream butter and sugar thoroughly, add eggs, beat well. Add sifted dry ingredients alternately with sour milk. Mix oats, nut meats, and raisins together, add. Drop from teaspoon on buttered cookie sheet. Bake in a moderate oven (350° F.) 12 to 15 minutes.

ORANGE AND DATE CAKE

$\frac{1}{2}$ cup butter	1 teaspoon baking powder
1 cup brown sugar	$\frac{1}{4}$ teaspoon salt
2 eggs, well beaten	$\frac{3}{4}$ cup sour milk
2 cups cake flour	1 cup dates
$\frac{1}{2}$ teaspoon soda	1 whole orange

Cream butter and sugar thoroughly, add eggs. Sift dry ingredients together three times, add alternately with sour milk and ground dates and orange. Bake in buttered loaf pan in a moderate oven (350° F.) 50 to 60 minutes.

ONE-TWO-THREE-FOUR CAKE

(3 9-inch layers)

1 cup butter	3 cups sifted cake flour
2 cups sugar	$\frac{1}{4}$ teaspoon salt
4 eggs, separated	3 teaspoons baking powder
1 teaspoon vanilla	1 cup milk

Cream shortening and sugar until fluffy. Add egg yolks one at a time, beating thoroughly after each one is added. Sift dry ingredients together three times and add alternately with milk and vanilla to creamed mixture, beating until smooth after each addition. Fold in stiffly beaten egg whites. Pour into pans lined with wax paper and bake in moderate oven (350° F.) 25 minutes.

PEANUT BUTTER CAKE

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups cake flour
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup peanut butter	2 teaspoons baking powder
1 teaspoon vanilla	$\frac{2}{3}$ cup milk
2 eggs, beaten	

Cream butter and sugar, add peanut butter and cream again. Add vanilla and eggs, beat well. Add sifted dry ingredients alternately with milk. Bake in buttered pan (8-inch) in a moderate oven (350° F.) 50 minutes.

Cream Cheese Frosting

3 ounces ($\frac{1}{3}$ cup) cream cheese	1 teaspoon vanilla
$2\frac{1}{2}$ cups confectioners' sugar	$\frac{1}{4}$ cup cream

Combine all ingredients, blend thoroughly. Spread on cake.

PEANUT ICE BOX COOKIES

1 cup butter	2 cups flour
2 cups brown sugar	$\frac{1}{2}$ teaspoon soda
2 eggs, beaten	1 cup peanuts, chopped

Cream butter and sugar. Add eggs. Add sifted dry ingredients, mix thoroughly. Add peanuts. Chill dough. Form in small rolls. Chill until firm, slice. Bake on buttered cookie sheet in a moderately hot oven (375° F.) 12 to 15 minutes.

PECAN DELIGHTS

(1½ dozen)

½ cup butter	⅛ teaspoon cream of tartar
⅔ cup light brown sugar	½ cup chopped pecans
1 egg yolk	Pecan halves
1 cup flour	

Cream the butter and sugar together. Add the dry ingredients which have been sifted together. Add the chopped pecans. Form teaspoons of dough into balls and place on baking sheets. Top each cookie with a pecan half and bake in a very moderate oven (325° F.) 12 to 15 minutes. Remove immediately from the baking sheets.

POLISH DOUGHNUTS

1 cake compressed yeast	½ cup sugar
2 cups scalded milk, cooled to lukewarm	½ teaspoon vanilla
7 cups flour	Rind of ½ lemon, grated
1 egg yolks	1 teaspoon salt
1 egg	½ cup butter, melted

Dissolve yeast in milk. Add 2 cups flour. Let stand in warm place about ½ hour. Beat egg yolks, egg, sugar, vanilla, lemon rind, and salt together until light, add to first mixture. Add butter. Add remaining flour, beat well. Cover and let rise until double in bulk. Put on floured board, pat until dough is ½ inch thick. Cut with doughnut cutter and let rise. Fry in deep hot fat (365° to 375° F.) about 3 minutes.

POTATO DOUGHNUTS

(3 dozen)

3 tablespoons butter	4 teaspoons baking powder
¾ cup sugar	1 teaspoon salt
3 eggs, well beaten	⅛ teaspoon nutmeg
1 cup boiled potatoes, mashed	⅛ teaspoon mace
2¾ cups flour	½ cup milk

Combine butter and sugar, add eggs and potatoes, blending well. Add sifted dry ingredients alternately with milk. Chill, roll, cut. Fry in deep fat at 365° to 375° F.

PRALINE COOKIES

(3 dozen)

½ cup butter	1½ cups all-purpose flour
1½ cups brown sugar	1 teaspoon vanilla
1 egg	1 cup pecans

Cream butter, add sugar, and cream thoroughly. Add egg and beat until fluffy. Add flour, vanilla, and chopped nuts. Mix well. Shape in balls the size of a hickory nut, place on buttered cookie sheets and flatten out to about ⅛ inch thick. Bake in a moderate oven (375° F.) for 12 minutes, or until nicely browned.



Pound Cake — see recipe on this page.

POUND CAKE

- | | |
|-------------------------|--------------------------------|
| 1 cup butter | 3 cups flour (reserve some for |
| 2 cups sugar | dusting fruit and nut meats) |
| Juice of 1 lemon | 3 teaspoons baking powder |
| Rind of 1 lemon, grated | 1 cup milk |
| 10 egg yolks | 1 cup seedless raisins |
| 1 teaspoon salt | 1½ cups pecan meats, chopped |

Cream butter and sugar thoroughly. Add lemon juice and rind. Add egg yolks, two or three at a time, beating until light and creamy. Add sifted dry ingredients alternately with milk. Add raisins and nut meats dusted with flour. Bake in a buttered tube pan (10-inch) in a moderately slow oven (325° F.) 1½ to 1¾ hours.

PUMPKIN CAKE

- | | |
|---------------------------|------------------------------|
| ½ cup butter | ¼ teaspoon soda |
| ½ cup sugar | 3 teaspoons baking powder |
| 1 cup brown sugar | ¼ teaspoon salt |
| 2 eggs, well beaten | ½ cup sour milk |
| ¾ cup pumpkin | ⅔ cup nut meats, chopped and |
| 2 tablespoons maple syrup | floured |
| 2 cups cake flour | |

Cream butter and sugar thoroughly, add eggs, add pumpkin and syrup, mix thoroughly. Sift dry ingredients together three times, add alternately with milk. Add nut meats. Bake in buttered pan (8x12x2 inches) in a moderate oven (350° F.) 30 to 40 minutes.

REFRIGERATOR CHEESE CAKE

(Serves 10 to 12)

$\frac{1}{2}$ cup butter, melted	3 egg yolks
$\frac{3}{4}$ cup sugar	2 cups cream cheese
2 cups zwieback crumbs, fine	3 tablespoons lemon juice
2 teaspoons cinnamon	1 tablespoon lemon rind, grated
2 tablespoons gelatin	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup cold water	1 cup whipping cream
$\frac{1}{2}$ cup milk	3 egg whites

Blend butter, $\frac{1}{4}$ cup sugar, crumbs, and cinnamon. Press three-fourths of this mixture on bottom and sides of 9-inch spring form pan. Soften gelatin in $\frac{1}{2}$ cup water 5 minutes. Cook egg yolks, remaining sugar, and milk in double boiler, stirring constantly until mixture coats spoon. Add gelatin and stir until dissolved. Add gradually to cream cheese; add lemon juice, rind, and salt, beat thoroughly. Cool. When mixture begins to thicken beat several minutes with egg beater. Whip cream, fold in stiffly beaten egg whites, blend thoroughly. Pour over crumbs. Sprinkle remaining crumbs over top. Chill until firm.

ROLLED GINGER COOKIES

(7 dozen)

1 cup butter	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 teaspoon cinnamon
1 cup molasses	1 teaspoon ginger
$4\frac{1}{2}$ cups flour	$\frac{3}{4}$ cup sour milk
$1\frac{1}{2}$ teaspoons soda	

Cream butter and sugar thoroughly, add molasses, beat thoroughly. Add sifted dry ingredients alternately with sour milk. Chill, roll thin, cut. Bake on buttered cookie sheet in a moderate oven (350° F.) 10 to 15 minutes.

SALTED PEANUT CAKE

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon soda
1 teaspoon vanilla	$\frac{3}{4}$ cup sour milk
2 eggs	1 cup salted peanuts, ground
$1\frac{1}{2}$ cups cake flour	

Cream butter and sugar thoroughly, add vanilla and eggs. Sift dry ingredients together three times, add alternately with sour milk, mix well. Add $\frac{3}{4}$ cup peanuts. Bake in buttered pan in a moderate oven (350° F.) 30 to 40 minutes. Spread remaining salted peanuts on top of frosting.

SAND DABS

1 cup butter	Pinch of salt
$\frac{1}{2}$ cup confectioners' (XXXX) sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup chopped pecans	2 cups flour

Cream butter, add sugar, salt, and vanilla and mix well. Add flour and nuts. Chill dough. Shape into rolls, lead pencil size, two inches long. Bake on a buttered cookie sheet at (375° F.) 15 to 20 minutes.

SCOTCH SHORT BREAD

5 cups flour	1 cup brown sugar
2 cups butter	Pinch of salt

Cream butter, add sugar and flour. Mold ingredients into a ball of dough. Pat and roll dough $\frac{1}{3}$ inch thick, cut into diamonds or squares. (These may be cut into assorted shapes and decorated if desired.) Place on a baking sheet and bake at 325° F. about 30 minutes or until very light brown.

SOFT GINGER COOKIES

(5 dozen)

$\frac{3}{4}$ cup evaporated milk	3 cups sifted flour
$\frac{3}{4}$ tablespoon vinegar	2 teaspoons soda
1 cup butter	1 teaspoon salt
1 cup sugar	1 teaspoon ginger
1 egg	1 teaspoon cinnamon
$\frac{1}{2}$ cup molasses	

Combine milk and vinegar. Cream butter and sugar thoroughly. Add egg and molasses. Beat well. Add the soured evaporated milk and blend well. Add sifted dry ingredients. Drop from teaspoon on buttered baking sheet. Bake in a moderate oven ($375\text{--}400^{\circ}$ F.) about 15 minutes.

SORGHUM COOKIES

(7 dozen)

1 cup butter	$3\frac{1}{2}$ cups flour (approximately)
1 cup sorghum	1 teaspoon soda
$\frac{1}{2}$ cup sugar	1 teaspoon ginger
2 eggs	

Combine butter, sorghum, and sugar; place over fire until melted; cool. Add eggs, beat well. Add sifted dry ingredients, mix. Chill. Roll and cut. Bake on buttered cookie sheet in a moderate oven (350° to 375°) 18 to 20 minutes.

SOUR CREAM CAKE

$\frac{1}{4}$ cup butter	$1\frac{3}{4}$ cups cake flour
1 cup sugar	$\frac{1}{2}$ teaspoon salt
2 eggs, slightly beaten	$\frac{1}{2}$ teaspoon soda
Rind of 1 lemon, grated	1 cup sour cream

Cream butter and sugar thoroughly, add eggs, beat. Add lemon rind. Sift dry ingredients together three times, add alternately with cream, beat half a minute. Pour in buttered pan (8x11 inches) or in two layers. Bake in a moderate oven (350° F.) 30 to 40 minutes.

SOUR CREAM SPICE CAKE

$\frac{1}{2}$ cup butter	1 teaspoon allspice
2 cups brown sugar	1 teaspoon cinnamon
3 egg yolks	$\frac{1}{2}$ teaspoon baking powder
2 cups cake flour	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ teaspoon salt	1 cup sour cream
1 teaspoon cloves	3 egg whites

Cream butter and brown sugar thoroughly, add egg yolks, beat thoroughly. Sift dry ingredients together three times, add alternately with sour cream. Fold in stiffly beaten egg whites. Bake in buttered pan in a moderate oven (350° F.) 45 to 50 minutes.

SPICE CAKE

1½ cup butter	1 teaspoon allspice
1 cup brown sugar	½ teaspoon baking powder
2 eggs, well beaten	½ teaspoon soda
1½ cups cake flour	1 cup sour milk
1 teaspoon cinnamon	½ cup raisins
1 teaspoon cloves	½ cup nut meats

Blend butter and sugar, add eggs. Sift dry ingredients together three times, add alternately with milk. Add raisins and nut meats, stir thoroughly but do not beat. Pour in buttered baking pan. Sprinkle top with:

¼ cup brown sugar	¼ cup nut meats, broken
¼ cup raisins, cut	

This forms the frosting. Bake in moderate oven (350° F.) 40 minutes.

SPICED DEVIL'S FOOD

⅓ cup butter	2 teaspoons baking powder
1 cup sugar	1 teaspoon cinnamon
2 eggs, well beaten	½ teaspoon salt
1 square chocolate, melted	¾ teaspoon cloves
1½ cups cake flour	1 cup milk

Cream butter and sugar thoroughly, add eggs and chocolate. Add sifted dry ingredients alternately with milk. Bake in buttered pan in a moderate oven (350° F.) 30 to 40 minutes.

SPRITZ BAKELSE

1 cup butter	2½ cups flour
¾ cup sugar	Pinch of salt
3 egg yolks or 1 whole egg, beaten	½ teaspoon baking powder
	½ teaspoon almond extract

Cream butter and sugar thoroughly, add eggs. Add sifted dry ingredients. Chill. Put through cookie press in various patterns. Bake in a moderate oven (350° F.) 10 to 12 minutes.

SUGAR COOKIES

(5 dozen)

1 cup butter	5 cups flour (approximately)
2 cups sugar	½ teaspoon soda
½ teaspoon lemon extract or orange peel, grated	2 teaspoons baking powder
3 eggs, slightly beaten	½ teaspoon nutmeg or cinnamon
	1 cup sour cream

Blend butter and sugar, add flavoring and eggs. Add sifted dry ingredients alternately with sour cream. Chill, roll and cut. Bake on buttered cookie sheets in a moderately hot oven (375° F.) 10 to 12 minutes.

SUNSHINE BUTTER CAKE

1 cup butter	4 cups cake flour
2 cups sugar	4 teaspoons baking powder
1½ teaspoons vanilla	1 teaspoon salt
4 eggs	1½ cup milk

Cream butter and sugar thoroughly, add vanilla. Add eggs, one at a time, beating thoroughly after each addition. Add sifted dry ingredients alternately with milk. Bake in three buttered and floured pans (9-inch) in a moderate oven (350° F.) 30 to 40 minutes. When cool, frost with butter frosting.

UPSIDE DOWN CAKE

- | | |
|----------------------------------|----------------------------|
| $\frac{1}{4}$ cup butter | 2 egg yolks |
| 1 cup sugar | $1\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ teaspoon flavoring | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup milk | 1 cup brown sugar |
| 2 egg whites | Pineapple, sliced or diced |
| 2 tablespoons butter | |

Cream butter and sugar thoroughly, add flavoring and egg yolks. Sift dry ingredients together three times, add alternately with milk. Fold in stiffly beaten egg whites. Put butter in bottom of heavy frying pan or square baking pan (8x8 inches), melt, add brown sugar and stir until blended. Arrange pineapple over sugar. Pour cake batter over pineapple. Bake in a moderate oven (350° F.) 25 to 30 minutes. Turn upside down on cake plate immediately.

WHIPPED CREAM CAKE

- | | |
|--------------------------------------|--------------------------------|
| 1 cup whipping cream | $\frac{1}{2}$ teaspoon vanilla |
| 2 eggs, well beaten | $1\frac{1}{2}$ cups cake flour |
| 1 cup sugar | 2 teaspoons baking powder |
| $\frac{1}{2}$ teaspoon lemon extract | $\frac{1}{2}$ teaspoon salt |

Whip cream until it holds shape, fold in eggs and sugar, mix lightly, add lemon extract and vanilla. Add sifted dry ingredients. Bake in two buttered layer pans in a moderate oven (375° F.) 25 to 30 minutes. Put layers together with whipped cream.

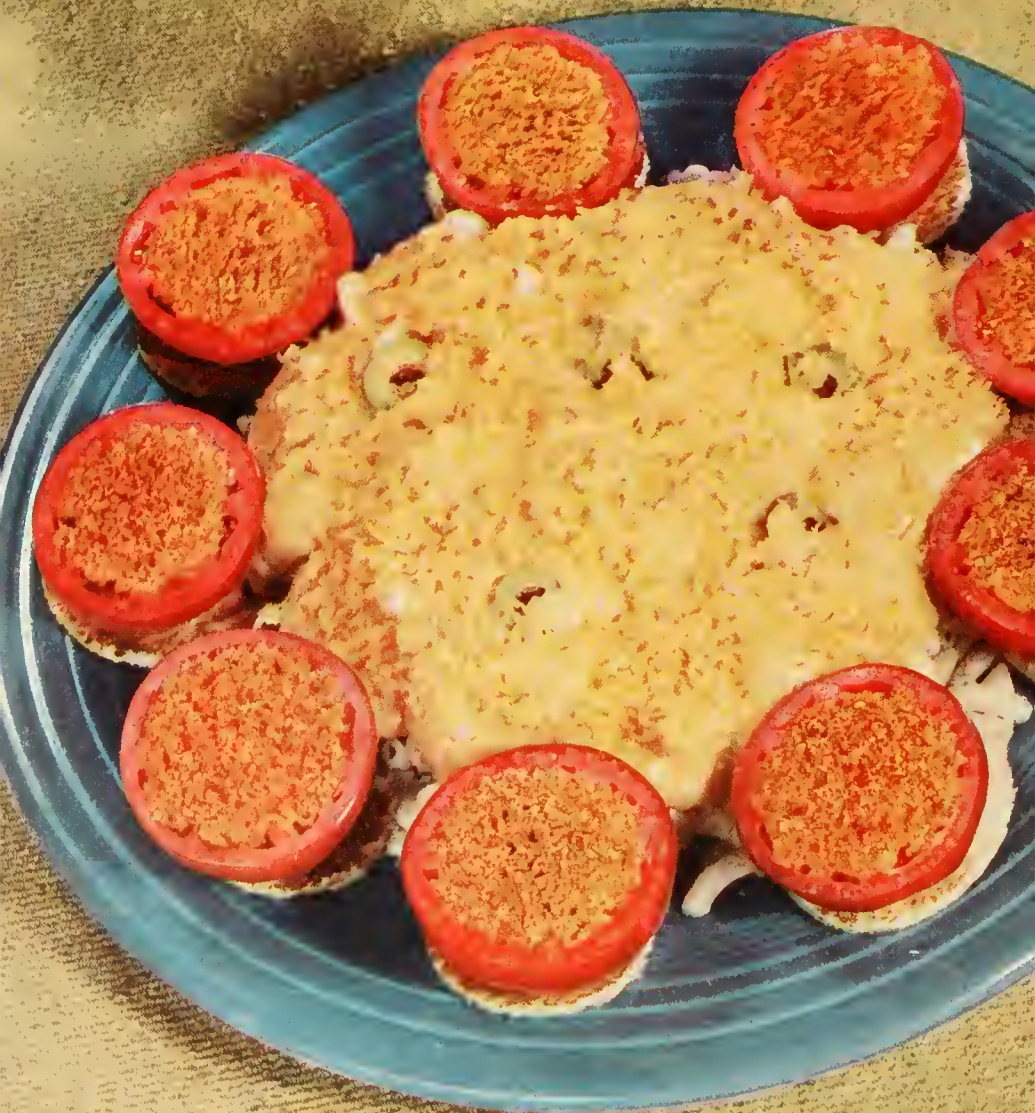
Upside Down Cake — see recipe on this page





CHEESE

Main Dishes



MACARONI WITH CHEESE

AT LEFT: with grilled tomatoes and olive sauce, an appetizing and attractive version of a popular hot dish. The recipe is on page 53 — one of many delightful cheese main dishes in this section.

ARMENIAN BEAURACK

3 cups flour	2 eggs
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
1 teaspoon salt	6 tablespoons butter, melted

Sift dry ingredients. Place eggs in center of dry ingredients. Combine milk and butter and pour over egg. Blend all ingredients thoroughly. Knead until dough is smooth. Flour hands, shape dough into size of a walnut. Roll to $\frac{1}{4}$ inch thickness on a lightly floured board.

Filling

4 cups Natural Brick Cheese, grated	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup parsley, chopped	3 eggs, beaten

Combine all ingredients. Put four tablespoons filling over half the dough, bring other half over filled part and press together, shaping edges like pie crust. Fry in deep fat.

BAKED CHEESE AND SHRIMP CUSTARD

(Serves 6)

4 slices buttered bread (crusts may be removed)	1 cup cooked shrimp
$\frac{1}{3}$ pound Natural American Cheese	2 eggs, beaten
	$1\frac{1}{2}$ cups milk
	$\frac{1}{3}$ teaspoon salt

Cut bread into 1-inch squares. Cut cheese into small pieces. Arrange layers of bread, shrimp, and cheese in buttered casserole. Combine eggs, milk, and salt. Pour over contents of casserole. Place casserole in pan of hot water and bake in a moderately slow oven (325° F.) 1 hour.

CHEESE FONDUE

(Serves 6 to 8)

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|--|--------------------------------|
| 1 cup milk, scalded | $\frac{1}{2}$ teaspoon mustard |
| 1 cup cream | $\frac{1}{2}$ teaspoon salt |
| 2 eggs, well beaten | 2 cups bread crumbs |
| 2 cups Natural American Cheese, grated | 2 tablespoons butter |

Combine first 3 ingredients; add cheese, mustard, and salt. Stir in bread crumbs. Pour into buttered casserole, set in hot water. Dot with butter. Bake in a moderate oven (350° F.) 40 to 50 minutes.

CHEESE FRENCH TOAST

(Serves 6)

- | | |
|---|-----------------------------|
| 3 slices Natural American Cheese (4x4 inches) | 3 eggs, beaten |
| 6 slices whole-wheat bread, buttered | $\frac{1}{4}$ cup milk |
| | $\frac{1}{4}$ teaspoon salt |

Make sandwiches from bread and cheese, cut in half, fasten together with toothpicks. Dip in combined egg, milk, and salt. Fry in butter to a delicate brown.

CHEESE-HAM MEDLEY

(Serves 4)

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|---|------------------------------------|
| 2 tablespoons butter | 1 cup boiled or baked ham, chopped |
| 2 tablespoons flour | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk | $\frac{1}{2}$ teaspoon pepper |
| 1 cup Natural American Cheese, finely cut | Paprika |

Make white sauce with butter, flour, and milk. Add cheese, stir until melted. Add ham and seasonings. Serve hot over rice.

CHEESE RING

(Serves 6 to 8)

- | | |
|---------------------------------------|------------------------------------|
| 2 tablespoons butter | 1 cup Natural Swiss Cheese, grated |
| 2 tablespoons flour | 4 eggs |
| 1 cup Natural American Cheese, grated | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk | Dash cayenne pepper |

Make white sauce with butter, flour, and milk. Add cheese, stir until cheese is melted. Add eggs, one at a time. Season with salt and pepper. Pour into buttered ring mold ($8\frac{1}{2}$ inches in diameter, $2\frac{1}{2}$ inches deep). Set in hot water and bake in a moderate oven (350° F.) 40 to 50 minutes. Turn mold out when ring is firm. Fill center with prepared vegetables or creamed fish combinations. Garnish with paprika or parsley.

CORNMEAL SOUFFLE

(Serves 6)

1½ cups milk	2 cups Natural American Cheese, grated
1 teaspoon salt	3 egg yolks, well beaten
3 tablespoons yellow cornmeal	3 egg whites

Scald milk in double boiler, add salt and cornmeal. Cook until mixture thickens, stirring constantly. Remove from fire, add cheese, stir until well blended. Add slowly to egg yolks, stirring constantly, fold in stiffly beaten egg whites. Put in buttered casserole (2-quart) set in a pan of hot water. Bake in a moderate oven (350° F.) 50 to 60 minutes.

MACARONI WITH CHEESE AND OLIVE SAUCE

See full color illustration on page 50

(Serves 6)

2 cups macaroni	2 cups Natural American Cheese, grated
4 tablespoons butter	1 teaspoon salt
3 tablespoons flour	¼ teaspoon pepper
2½ cups milk	½ to 1 cup stuffed olives, sliced

Cook macaroni. Make white sauce with butter, flour, and milk. Add cheese (reserving enough for garnishing) and salt and pepper; stir until cheese is melted. Add olives. Arrange macaroni on warm serving plate and pour sauce over it. Garnish with cheese. Serve with grilled tomatoes on buttered toast rounds.

MACARONI WITH CORNED BEEF

(Serves 6 to 8)

2½ cups macaroni	2 cups milk
½ 12-ounce can corned beef	1 cup Natural American Cheese, grated
2 tablespoons butter	Buttered crumbs
¼ cup flour	

Cook macaroni in salted water. Arrange alternate layers of macaroni and beef in buttered baking dish. Make a white sauce with butter, flour, and milk; melt cheese in sauce. Pour over macaroni and meat. Sprinkle with crumbs and bake in a moderate oven (350° F.) 20 minutes.

NOODLES ROMANOFF

(Serves 6)

⅔ cup noodles	2 teaspoons Worcestershire sauce
1 cup cottage cheese	Dash Tobasco sauce or red pepper
1 cup sour cream	½ teaspoon salt
¼ cup onion, finely chopped	½ cup Natural American Cheese, grated
1 clove garlic, finely cut	

Cook noodles. Add cottage cheese, cream, onion, garlic, Worcestershire sauce, pepper, and salt. Place in buttered baking dish (8-inch). Bake in a moderate oven (350° F.) 30 minutes. Remove from oven, sprinkle with cheese, return to oven for 10 minutes.



Noodles Romanoff — see recipe on page 53.

RICE LOAF WITH MUSHROOM SAUCE

(Serves 6)

- | | |
|---|---------------------------------|
| 1½ cups cooked rice | 1 cup hot milk |
| 1½ cups Natural American Cheese, grated | ½ teaspoon onion, chopped |
| ¼ cup butter, melted | ½ teaspoon parsley, chopped |
| 3 eggs, slightly beaten | 1 teaspoon green pepper, minced |
| ½ cup bread crumbs | ½ teaspoon salt |

Combine and mix all ingredients. Put in a buttered loaf pan, set in hot water, bake in a moderate oven (350° F.) 1 hour. Serve with hot mushroom sauce.

Mushroom Sauce

- | | |
|----------------------|---------------------------------|
| 2 tablespoons butter | ⅓ teaspoon salt |
| 2 tablespoons flour | ⅓ cup mushroom liquor |
| ⅔ cup milk | ½ cup canned mushrooms, drained |
| ⅓ cup cream | |

Melt butter, add flour, stir until smooth paste. Add milk, cream, salt, and liquor, stirring constantly. Add mushrooms.

RICE MOLDS

(Serves 6)

- | | |
|--------------------|---------------------------------------|
| 2 eggs, beaten | 1 cup Natural American Cheese, grated |
| 1 cup milk | ½ teaspoon salt |
| 1 cup rice, cooked | ¼ teaspoon pepper |

Combine all ingredients and mix thoroughly. Pour into buttered loaf pan or custard cups. Place in pan of hot water and bake in a moderate oven (350° F.) 30 to 45 minutes.

SAVORY SWISS EGGS

(Serves 6)

- | | |
|---------------------------------------|-----------------------------|
| 1 cup Natural American Cheese, grated | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons butter | Cayenne pepper |
| $\frac{1}{2}$ cup cream | 1 teaspoon prepared mustard |
| | 6 eggs, slightly beaten |

Spread cheese over bottom of shallow, well buttered baking dish. Dot with butter. Combine cream, salt, pepper, and mustard, pour half of this mixture over cheese. Pour eggs into baking dish. Cover with remaining cream mixture. Bake in a moderate oven (350° F.) 25 to 30 minutes. Serve at once.

SPAGHETTI DE LUXE

(Serves 8)

- | | |
|--|--|
| 2 cups spaghetti | $\frac{1}{4}$ cup mushrooms |
| 1 tablespoon butter | 1 No. 1 can tomato soup |
| 1 onion, finely cut | 2 cups Natural American Cheese, grated |
| 1 green pepper, finely cut | |
| $\frac{1}{4}$ cup stuffed olives, sliced | |

Cook spaghetti. Melt butter in pan, add onion, pepper, olives, mushrooms, and soup; heat. Add cheese, stir until melted. Pour over spaghetti. Bake in buttered casserole in a moderate oven (350° F.) 30 minutes.

Spaghetti De Luxe — see recipe above



CONFECTIONS



ASSORTED CANDY AND SALTED NUTS

AT LEFT: home-made candy is always better. The illustration shows how tastefully such home-made candy can be served. Many excellent candy recipes are shown from page 57 to 59.

APRICOT CANDY ROLL

- | | |
|-------------------------------|--|
| 3 cups sugar | 2 teaspoons vanilla |
| 1 cup cream | $\frac{1}{2}$ cup chopped nut meats,
finely chopped |
| 1 cup dried apricots, chopped | |
| $\frac{1}{2}$ teaspoon salt | |

Combine sugar, cream, apricots, and salt. Boil to soft ball stage (236° F.). Cool to lukewarm. Add flavoring and nut meats. Beat until stiff enough to knead. Put on board. Knead until smooth. Shape into roll. Chill. Slice.

BUTTER FUDGE

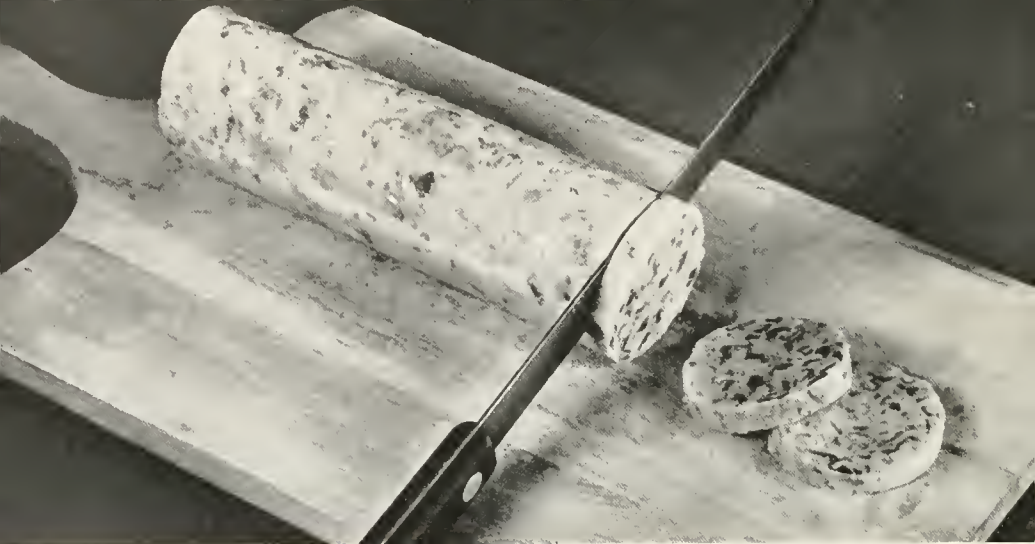
- | | |
|--|--------------------------|
| 2 cups sugar | $\frac{1}{2}$ cup butter |
| 1 cup milk | 1 teaspoon vanilla |
| 2 squares chocolate, grated | 1 cup nut meats, chopped |
| $\frac{1}{8}$ teaspoon cream of tartar | |

Combine first 4 ingredients. Boil to soft ball stage (234° to 236° F.). Add butter. Cool to lukewarm. Add vanilla. Beat until thick, add nut meats. Pour into buttered pan.

ENGLISH TOFFEE

- | | |
|----------------|-----------------------------|
| 2 cups almonds | 5 tablespoons water |
| 1 cup sugar | $\frac{1}{4}$ teaspoon salt |
| 1 cup butter | Sweet chocolate |

Blanch almonds and toast a golden brown in oven. Put half through food chopper and cut remainder into large pieces. Combine sugar, butter, and water, and boil to 300° F. (brittle when dropped in cold water), stirring constantly. Remove from fire, add broken nut meats and pour into buttered pan. Grate sweet chocolate over top and sprinkle generously with chopped nut meats. Cool 10 minutes. Turn upside down on waxed paper and sprinkle with grated chocolate and nut meats.



Apricot Candy Roll — see recipe on page 57.

CARAMELS

- | | |
|-----------------------------|--------------------|
| 2½ cups sugar | 2½ cups cream |
| ¾ cup corn syrup | 1 teaspoon vanilla |
| 1½ teaspoon cream of tartar | ½ cup butter |

Combine first 4 ingredients. Boil, stirring constantly, to hard ball stage (246° to 248° F.). Add vanilla and butter. Pour into buttered pans, when nearly cold cut into squares. Wrap in waxed paper.

LIGHT OPERA CREAMS

(1⅓ pounds)

- | | |
|-------------------------------|-------------------------------|
| 2 cups sugar | ¼ teaspoon salt |
| ¾ cup cream | 1 teaspoon vanilla |
| 1 cup milk | 1 cup pecan meats, finely cut |
| 1 tablespoon light corn syrup | |

Combine first 5 ingredients. Cook, stirring constantly, to soft ball stage (234° to 236° F.). Remove from fire; cool, without stirring, until lukewarm (110° F.). Add vanilla, beat until creamy. Add pecan meats. Drop by spoonfuls on buttered pan.

PEANUT BRITTLE

- | | |
|-------------------------|--------------------------|
| 1½ cups shelled peanuts | ½ cup water |
| ¼ teaspoon salt | 1½ tablespoons butter |
| 1 cup sugar | ½ teaspoon lemon extract |
| ½ cup light corn syrup | |

Sprinkle nuts with salt and warm in the oven. Put sugar, corn syrup, and water in pan, stir until it boils, wash down sides with wet pastry brush and cook to 295° F. or until mixture is very brittle when tried in cold water. Add flavoring, butter, and nuts, and pour into a shallow, buttered pan. As soon as it can be handled, turn the mass over and pull and stretch it out as thin as possible. Break into irregular pieces.

PEANUT BUTTER FUDGE

2 cups sugar	1 square chocolate, grated
2 tablespoons white corn sirup	1 teaspoon butter
$\frac{1}{4}$ teaspoon salt	3 tablespoons peanut butter
$\frac{3}{4}$ cup milk	1 teaspoon vanilla

Combine first 4 ingredients in saucepan. Heat, stirring constantly, until sugar dissolves and mixture comes to boiling point. Boil to soft ball stage (232° to 234° F.). Remove from fire. Melt chocolate and butter in another saucepan. Pour half of hot syrup over chocolate and butter. Cool to lukewarm (110° F.), without stirring. Add peanut butter and $\frac{1}{2}$ teaspoon vanilla to remaining syrup. Mix well. Pour at once into buttered pan (8x5 inches). Add $\frac{1}{2}$ teaspoon vanilla to chocolate mixture. Beat until thick. Spread over first layer.

PECAN CRUNCH

$1\frac{1}{4}$ cups butter	1 teaspoon soda
$2\frac{1}{4}$ cups sugar	$\frac{1}{2}$ cup pecan meats, finely chopped
$\frac{1}{2}$ cup water	$1\frac{1}{2}$ cups pecan meats, broken
$\frac{1}{2}$ teaspoon salt	Milk chocolate
1 tablespoon cider vinegar	

Combine first 5 ingredients, bring slowly to a boil, stirring occasionally. Boil to 290° F., without stirring, until very brittle when dropped in cold water. Mix soda with pecan crumbs, add with pecan meats to boiled mixture, stirring only enough to blend. Pour, $\frac{1}{8}$ inch thick, into buttered pan. When slightly cooled mark into squares. Cover top with thin layer of melted milk chocolate. Break into pieces when cool.

PENOCHE

2 cups brown sugar	$\frac{1}{2}$ cup syrup
2 cups sugar	1 teaspoon vanilla
2 tablespoons butter	1 cup walnuts, broken, or
$1\frac{1}{2}$ cups rich milk	1 cup coconut

Combine first 5 ingredients. Boil to soft ball stage (234° to 236° F.). Cool, add vanilla. Beat until stiff. Add walnuts or coconut. Pour into buttered pan.

SOUR CREAM FUDGE

$4\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup nut meats, chopped
2 cups sour cream	

Combine sugar, salt, and cream; cook to soft ball stage (236° F.). Cool to lukewarm, add vanilla. Beat until thick and creamy. Add nut meats. Pour into well-buttered shallow pan.

DESSERTS

Fillings



CHOCOLATE PEPPERMINT PUDDING

AT LEFT: a masterpiece among desserts, and just as delicious as it looks. The recipe is on page 65. To give any meal distinction, serve one of the excellent desserts shown in this section.

APRICOT MANHATTAN MOUSSE

(Serves 8)

2½ cups apricots, sieved	3 tablespoons cold water
6 tablespoons lemon juice	1½ cups whipping cream
½ cup sugar	½ cup confectioners' sugar
3 teaspoons gelatin	1½ teaspoons vanilla

Add lemon juice and sugar to apricots, stir until dissolved. Soak 1½ teaspoons gelatin in 1½ tablespoons water, dissolve over hot water. Add to apricot mixture. Pour into two refrigerator trays, place in refrigerator. Whip cream until it holds shape, add sugar and vanilla. Soak remaining gelatin in remaining water, dissolve over hot water. Cool, add to cream. Spread whipped cream mixture over apricot mixture. Freeze.

BAKED PEACH PUDDING

(Serves 6 to 8)

2 cups milk, scalded	¼ teaspoon nutmeg
2 cups whole wheat bread crumbs	¼ teaspoon salt
⅔ cup sugar	2 cups fresh peaches, sliced
2 eggs, beaten	2 tablespoons butter

Pour hot milk over bread crumbs, cool. Add sugar, eggs, nutmeg, and salt; mix. Fold in peaches. Pour into buttered baking dish. dot with butter. Bake until peaches are tender.

BUTTERSCOTCH FLUFF

(Serves 8 to 10)

3 tablespoons butter, melted	3 eggs, slightly beaten
1 cup brown sugar	½ teaspoon salt
4 cups milk, scalded	1 teaspoon vanilla
2 cups soft bread crumbs	1 cup marshmallows

Combine butter and sugar. Add milk, stir until blended. Add bread crumbs, cool. Combine eggs, salt, and vanilla, stir into first mixture. Arrange marshmallows in bottom of buttered casserole, cover with pudding. Set in hot water. Bake, uncovered, in a moderate oven (350° F.) 1 hour.

BLACKBERRY ROUNDS WITH ICE CREAM

(Serves 6)

2 cups flour	$\frac{3}{4}$ cup butter
$\frac{1}{2}$ teaspoon baking powder	$1\frac{1}{2}$ cups blackberries
4 to 6 tablespoons milk	1 tablespoon butter
4 to 6 tablespoons sugar	Vanilla ice cream
$\frac{1}{2}$ teaspoon salt	

Mix and sift the flour, salt, and baking powder. Cut in the $\frac{3}{4}$ cup of butter with two knives or rub in with the fingertips. Add the milk slowly, tossing the mixture together lightly and use only enough milk to hold the ingredients together. Roll out on a floured board and cut into 12 4-inch rounds. Put 6 rounds on a baking sheet and place the berries on the center of each. Sprinkle with the sugar and dot with 1 tablespoon of butter. Moisten the edges with cold water and top with the remaining rounds. Press the edges together with a fork and cut a few slits in the top to permit steam to escape. Brush with milk or cream and bake in a very hot oven (450° F.) for 12 to 15 minutes. Serve warm with ice cream.

BUTTERSCOTCH CREAM PUFFS

(20 cream puffs)

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup boiling water	4 eggs
1 cup flour	

Add butter to water, heat until butter melts. Add flour and salt. Cook, stirring vigorously until mixture leaves side of pan. Remove from fire, cool 1 minute. Add eggs, one at a time, beating after each addition. Drop by heaping teaspoonfuls 2 inches apart on buttered baking sheet. Bake in a hot oven (450° F.) 10 minutes, reduce heat to 400° F. for 25 minutes. Cool, split, fill.

Filling

1 cup sugar	3 eggs
$\frac{1}{2}$ cup flour	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{8}$ teaspoon salt	1 cup cream, whipped
3 cups milk, scalded	

Combine dry ingredients in top of double boiler. Add hot milk gradually, stirring constantly. Cook until thick, stirring constantly. Add egg. Cook 3 minutes. Cool. Add vanilla and cream. Top with sauce.

Butterscotch Sauce

1 cup brown sugar	2 tablespoons white corn syrup
$\frac{1}{4}$ cup rich milk	3 tablespoons butter

Combine all ingredients. Stir until boiling. Simmer for 3 minutes.

BUTTERSCOTCH GRAHAM CRACKER PUDDING

(Serves 6)

$\frac{1}{3}$ cup peanut butter

1 cup graham crackers, crushed

Blend peanut butter and graham crackers. Line pan (4x8 inches), pressing firmly. Chill.

Filling

1 cup brown sugar

$\frac{1}{4}$ cup butter

$\frac{1}{3}$ cup flour

$\frac{1}{4}$ teaspoon vanilla

$\frac{1}{4}$ teaspoon salt

1 cup whipping cream

2 cups milk, scalded

$\frac{1}{4}$ cup confectioners' sugar

2 egg yolks, beaten

Mix dry ingredients thoroughly, add gradually to milk. Cook in double boiler until thick. Add slowly to egg yolks, return to double boiler, cook 3 minutes. Add butter and vanilla, cool. Pour into crust. Chill. Whip cream, add confectioners' sugar. Spread on custard before serving.

CARAMEL ICE CREAM

(6 quarts)

2 cups sugar

2 cups sugar, caramelized

$\frac{1}{2}$ teaspoon salt

3 teaspoons vanilla

2 tablespoons flour

1 quart cream

4 cups milk, scalded

2 quarts milk

2 eggs, well beaten

Combine sugar, salt, and flour, add to milk, cook 20 minutes. Add eggs, cook 3 minutes over hot water. Add caramelized sugar, stir vigorously until sugar is melted into custard. Cool. Add vanilla, cream, and milk. Freeze in ice cream freezer.

CARAMELLED APPLES

8 apples

1 cup brown sugar

16 marshmallows

$\frac{1}{2}$ cup nut meats, almonds preferred

1 cup butter

Arrange two layers of apples, cut into eighths, marshmallows cut into thirds, butter cut into pieces, brown sugar, and nut meats in a buttered baking dish. Bake in moderate oven (350° F.), basting occasionally. Cool. Serve with whipped cream. Also delicious served with pork, turkey, or chicken.

CHEESE CUSTARD

(Serves 4)

1 cup Natural American
Cheese, grated or cubed

2 egg yolks, slightly beaten

Salt

$\frac{1}{2}$ cup cream

Paprika

Combine cheese and cream in double boiler, heat slowly, stirring until smooth. Pour over egg yolks, add seasonings. Bake in custard cups, set in hot water, in a moderate oven (325° to 350° F.) until firm. Serve with jelly or preserves.



Chocolate Ice Box Cake — see recipe on this page.

CHOCOLATE ICE BOX CAKE

36 coconut macaroons	2 squares chocolate
$\frac{1}{4}$ cup milk	1 cup confectioners' sugar
5 egg yolks	$\frac{3}{4}$ cup butter, softened
$\frac{1}{2}$ cup sugar	5 egg whites

Roll macaroons fine with rolling pin. Line a spring form pan with a portion of the crumbs. Melt chocolate in double boiler, combine egg yolks, milk, and sugar and add to the chocolate, stirring constantly until mixture thickens. Cool. Add powdered sugar and butter, combine with custard. Add stiffly beaten egg whites. Pour into crumb lined pan. Cover top with remaining crumbs. Refrigerate for 24 hours. Serve with whipped cream.

CHOCOLATE ICE CREAM

(Serves 12)

18 marshmallows	$1\frac{1}{2}$ cups cream, whipped
1 cup milk	$\frac{1}{2}$ teaspoon vanilla
1 square chocolate, grated	

Combine marshmallows and milk, melt over low fire. Cool. Add remaining ingredients, mix. Pour into two refrigerator trays. Freeze, stirring two or three times.

CHOCOLATE ICE CREAM IN WAFER CUPS

(8 cups)

3 tablespoons butter	6 tablespoons confectioners' sugar
$\frac{2}{3}$ cup flour	Few grains salt
3 tablespoons milk	$\frac{1}{2}$ teaspoon vanilla
Chocolate ice cream	

Cream the butter, add the sugar gradually and cream thoroughly. Mix the flour and salt and add to the first mixture alternately with the milk. Add the vanilla. Drop by spoonfuls, several inches apart, on buttered cookie sheets and spread very thin, making 8 rounds about 5 inches in diameter. Bake in a moderate oven (325° F.) for about 12 to 15 minutes or until they are very delicately browned. Place the pans in the oven a few minutes apart so that they will not be done at the same time. Remove the rounds, one at a time, with a wide spatula and shape over an inverted glass or custard cup. Cover with a cloth before shaping to keep from burning the hands. Work quickly because the cups must be shaped while warm. If they become too crisp, return to the oven to soften. Fill with the ice cream. These cups are fragile but delicious. Care should be taken when filling with the ice cream.

CHOCOLATE MINT ICE CREAM

(2 quarts)

4 cups milk	3 egg yolks, slightly beaten
1 tablespoon gelatin	3 egg whites, stiffly beaten
2 squares chocolate	2 cups cream, whipped
1 tablespoon flour	1 tablespoon vanilla
$1\frac{1}{2}$ cups sugar	1 teaspoon mint extract
Few grains salt	

Scald milk with gelatin and chocolate. Mix sugar, flour, and salt, add to milk mixture, stirring frequently until it begins to thicken. Add part of hot mixture to egg yolks, return to hot mixture, cook 1 minute. Chill until thickened, beat until light. Add egg whites, cream, vanilla, and mint extracts. Pour into refrigerator tray, freeze about $\frac{3}{4}$ hour. Beat until smooth.

CHOCOLATE PEPPERMINT PUDDING

See full color illustration on page 60

(Serves 16 to 20)

$\frac{1}{2}$ pound peppermint stick candy	18 lady fingers, separated
1 cup whipping cream	1 cup whipping cream
1 tablespoon gelatin	$\frac{1}{4}$ pound peppermint stick candy, crushed
2 tablespoons cold water	$\frac{1}{4}$ cup chocolate shot
1 cup cream, whipped	

Break candy into bits, combine with 1 cup cream, place in double boiler, cover, heat until the candy melts (15 to 20 minutes). Sprinkle gelatin over water, let stand 5 minutes, add to hot cream, stir until dissolved, cool. Add 1 cup cream, whipped. Line bottom and sides of a mold (8 inches) with lady fingers (chocolate, if obtainable), fill with cream mixture. Cover, chill 8 to 10 hours. Unmold upon a platter, garnish with whipped cream. Top with a wreath of crushed peppermint candy with chocolate shot in the center.

CHRISTMAS PUDDING

(Serves 4)

2 cups graham flour

$\frac{1}{2}$ teaspoon soda

$\frac{1}{2}$ teaspoon ginger

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon salt

1 cup raisins

$\frac{1}{2}$ cup nut meats, chopped

1 egg, well beaten

1 cup milk

1 cup molasses

Thoroughly blend the first 5 ingredients. Add raisins and nut meats. Add combined liquid ingredients, beat until smooth. Place mixture in a quart mold. Steam 2 hours. Serve hot with sauce.

Sauce

1 cup sugar

$\frac{1}{2}$ cup boiling water

1 egg, well beaten

1 tablespoon butter

Combine sugar and water and cook to the consistency of syrup (232° F.). Pour syrup over egg, add butter, mix thoroughly.

COTTAGE CHEESE ICE CREAM

2 egg yolks, beaten

1 cup sugar

2 cups milk, scalded

1 cup cottage cheese, sieved

2 cups rich milk

$\frac{1}{2}$ teaspoon vanilla

Combine egg yolks, sugar, and milk. Cook over hot water until consistency of custard. Cool immediately over cold water. Put cottage cheese through sieve. Combine cottage cheese and milk, add vanilla. Combine two mixtures. Freeze in ice cream freezer.

Christmas Pudding see recipe above.



COCONUT SOUFFLE

(Serves 8)

2 cups milk	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup granulated tapioca	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$1\frac{1}{2}$ cups coconut, shredded
3 egg yolks, well beaten	3 egg whites
1 teaspoon vanilla	

Scald milk in double boiler, add tapioca, cook until clear, add butter. Combine egg yolks, vanilla, sugar, salt, and $\frac{3}{4}$ cup coconut, add milk mixture. Mix well. Fold in stiffly beaten egg whites. Pour into buttered baking dish, place in pan of hot water. Bake in a moderate oven (350° F.) 30 minutes. Sprinkle with remaining coconut, bake another 20 to 30 minutes or until souffle is firm.

COTTAGE CHEESE CUSTARD

(Serves 8 to 10)

$\frac{1}{2}$ cup bread crumbs, rolled and sifted	$\frac{1}{4}$ teaspoon salt
1 cup sugar	2 cups cottage cheese
$\frac{1}{4}$ cup butter, melted	3 tablespoons flour
2 egg yolks	$\frac{1}{2}$ cup milk
Juice of 1 lemon	$\frac{1}{2}$ cup whipping cream
Rind of 1 lemon, grated	2 egg whites
$\frac{1}{4}$ teaspoon mace	$\frac{1}{3}$ cup nut meats, chopped

Combine bread crumbs, $\frac{1}{2}$ cup sugar, and butter; line buttered baking dish. Beat egg yolks with remaining sugar, add lemon juice and rind, mace, and salt, then cottage cheese and flour blended with milk. Mix all thoroughly and sieve. Add whipped cream and stiffly beaten egg whites. Mix lightly and pour into crumb lined baking dish. Sprinkle with nut meats. Set in pan of hot water and bake in a moderate oven (325° to 350° F.) 1 hour. Serve cold with whipped cream or crushed strawberries.

COTTAGE CHEESE PUDDING

(Serves 8 to 10)

3 cups cottage cheese, sieved	4 eggs, slightly beaten
1 cup rich milk or cream	1 teaspoon salt
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Combine cheese and milk. Add sugar gradually to eggs, stirring constantly. Combine mixture, add salt and vanilla, stir well. Pour into buttered pan or custard cups, place in pan of hot water. Bake in a moderate oven (350° F.) until firm, about 1 hour.

DOWN EAST RICE PUDDING

(Serves 8 to 10)

$\frac{1}{2}$ cup rice	1 tablespoon butter
2 cups milk	Salt
$\frac{1}{2}$ cup molasses	Raisins, dates or figs (optional)

Combine all ingredients in order. Bake in buttered baking dish in moderate oven (350° F.) 2 hours. As it thickens, add more milk. Serve hot with cream.



Eggnog Ice Cream — see recipe below.

CUSTARD BREAD PUDDING

(Serves 8)

2 cups soft bread crumbs	Salt
4 cups milk, scalded	Vanilla
2 eggs	$\frac{1}{4}$ cup butter, scalded
2 egg yolks	$\frac{1}{4}$ cup strawberry jam
$\frac{1}{3}$ cup sugar	

Add bread crumbs to milk. Beat eggs and egg yolks together slightly, add sugar and salt. Add bread crumb mixture, vanilla, and butter; mix well. Pour into eight buttered individual custard cups, set in hot water, and bake in a moderate oven (350° F.) 45 to 50 minutes. Remove from oven, spread each with jam or jelly. Top with meringue.

Meringue

2 egg whites	4 tablespoons sugar
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Beat egg whites until stiff, add sugar, beat until glossy. Spread over pudding. Return to a moderately slow oven (300° F.) 20 to 25 minutes.

EGGNOG ICE CREAM

(1 quart)

2 cups rich milk	2 cups whipping cream
$\frac{3}{4}$ cup sugar	1 teaspoon nutmeg
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ teaspoons flavoring
6 egg yolks	

Combine first 4 ingredients, cook until consistency of soft custard. Cool. Whip cream almost stiff, fold into custard, add nutmeg and flavoring. Pour into refrigerator tray. Freeze until almost firm. Pour into chilled bowl. Beat with rotary or electric beater until well blended. Return to tray and freeze until firm.

FILLED DESSERT COFFEE CAKE

(Serves 12)

Batter

3 cups flour	$\frac{3}{4}$ cup sugar
4 teaspoons baking powder	$\frac{1}{4}$ cup butter
1 teaspoon salt	2 eggs
$\frac{1}{4}$ teaspoon mace or nutmeg	1 cup milk
$\frac{1}{4}$ teaspoon cinnamon	

Sift dry ingredients together. Work or cut in butter. Combine eggs and milk and add, mix lightly. Put in a buttered round cake pan and cover with the following top mixture:

Top Mixture

$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon salt
$\frac{3}{4}$ cup brown sugar	$\frac{3}{4}$ cup almonds, finely cut
3 tablespoons flour	1 cup whipping cream
$\frac{1}{2}$ teaspoon cinnamon	

Cream butter and brown sugar, add cinnamon, salt, and flour; mix well. Spread over the top of the coffee cake. Scatter the almonds over this.

Bake in a moderately hot oven (375° to 400° F.) about 45 minutes. When cool, split cake in half and spread with the whipped cream (which has been whipped, sweetened, and flavored). Cover with the upper half. Serve with more whipped cream, cutting sections like pic.

Filled Dessert Coffee Cake - see recipe above.



HONEY APPLE CRISP

1 cup sliced apples	$\frac{1}{2}$ cup all-purpose flour
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup brown sugar
1 tablespoon lemon juice	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup honey	$\frac{1}{4}$ cup walnuts (if desired)
$\frac{1}{4}$ cup butter	

Spread sliced apples in a shallow baking dish, sprinkle with sugar and lemon juice, and pour honey over all. In a bowl, mix flour, brown sugar, and salt, and work in the butter as for biscuits, making a crumbly mixture. Spread these crumbs evenly over the apples and bake in a moderate oven 375° F. for 30 to 40 minutes, or until apples are tender and crust crisply browned. Serve warm, with plain cream, or whipped cream topped with a dash of powdered cinnamon.

HONEY CUSTARD

(Serves 8 to 10)

5 eggs, slightly beaten	$\frac{1}{8}$ teaspoon cinnamon
$\frac{1}{2}$ cup honey	1 cups milk, scalded
$\frac{1}{4}$ teaspoon salt	

Combine first 4 ingredients. Slowly add hot milk, stirring rapidly. Bake in custard cups or large pan, set in water, in a moderate oven (350° F.) 1 hour.

ICE CREAM NUT ROLL

Form portions of your favorite ice cream into round balls and roll them in chopped nuts. Place in shallow serving dishes and pour a fruit or caramel sauce into the bottom of the dish.

ICE CREAM SUNDAE CAKE

(Serves 8)

1 butter or sponge cake, unfrosted	$1\frac{1}{2}$ quarts chocolate or strawberry ice cream
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Cut cake in slices $\frac{1}{2}$ inch thick. Line 2 refrigerator trays with wax paper, letting it extend over the sides about 3 inches. Place layer of cake in bottom of tray, then a layer of ice cream, and on top another layer of cake. Fold wax paper over the top and place in refrigerator for at least an hour. To serve, lift dessert out of tray with wax paper; slice. Serve with a chocolate or fruit sauce.

LEMON PUDDING

(Serves 6 to 8)

3 tablespoons flour	1 cup milk
3 tablespoons butter	Juice of 1 lemon
1 cup sugar	Rind of 1 lemon, grated
2 egg yolks, beaten	2 egg whites

Combine flour, butter, and $\frac{3}{4}$ cup sugar. Add egg yolks, milk, lemon juice and rind. Beat well. Add remaining sugar to stiffly beaten egg whites, fold into first mixture. Pour into buttered baking dish, place in pan of hot water. Bake in a moderate oven (350° F.) 1 hour. Chill. Top with whipped cream. The top is like cake, the under portion a delicious lemon jelly.

LEMON CREAM RICE PUDDING

$\frac{1}{2}$ cup rice	$1\frac{1}{3}$ tablespoons lemon juice
3 cups milk	$\frac{3}{4}$ teaspoon salt
2 egg yolks, beaten	2 tablespoons confectioners' sugar
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon lemon extract
Rind of 1 lemon, grated	2 egg whites

Cook rice in milk in double boiler until soft. Add egg yolks, sugar, lemon rind and juice, and salt. Cook until mixture thickens. Pour into buttered baking dish. Fold powdered sugar and lemon extract gradually into stiffly beaten egg whites, pile on top of pudding. Bake in a moderate oven (350° F.) until lightly browned. Serve with cream or a fruit sauce. As a variation the whites may be folded into the hot custard and baked as a soufflé.

LIBERTY PLUM PUDDING

1 pound seedless raisins	1 teaspoon cinnamon
1 pound currants	2 teaspoons salt
1 cup mixed nut meats	$2\frac{1}{2}$ cups fine, dry bread crumbs
$1\frac{1}{2}$ cups suet, finely chopped	6 eggs, well beaten
$2\frac{1}{2}$ cups flour	1 cup cottage cheese
2 teaspoons soda	2 cups light molasses
1 teaspoon cloves	1 cup buttermilk
1 teaspoon allspice	1 cup cream
1 teaspoon nutmeg	$\frac{1}{2}$ cup fruit juice

Scald fruit, drain and dry. Add nut meats and suet, dredge with 1 cup flour. Sift dry ingredients three times, add crumbs and mix. Blend egg and cottage cheese thoroughly, add remaining ingredients, mix well, add to dry ingredients. Mix lightly. Fold in fruit, nuts, and suet, mixing until fruit is well distributed. Pour into two buttered molds (3 pounds). Cover and steam for 3 hours. Cool puddings, wrap in heavy waxed paper, store in cool, dry place. Re-steam, serve with hot hard sauce.

Hard Sauce

$2\frac{1}{2}$ cups confectioners' sugar	1 teaspoon vanilla
2 cups butter, softened	

Combine all ingredients, blend well. Chill until ready for use.

MAKE-YOUR-OWN-SUNDAE TRAY

Fill a large bowl with one or two quarts of vanilla ice cream. Place it in the center of a tray and arrange several small bowls of toppings around it. Toppings may include crushed sweetened fruit, butter-scotch or caramel sauce, syrup or honey, chopped nuts, or maraschino cherries.



Lemon Pudding — see recipe on page 70.

OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups flour	$\frac{1}{3}$ cup shortening
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	Butter
1 tablespoon sugar	Strawberries or other fruit

Mix and sift the dry ingredients and work in the shortening with the fingers or a knife. Gradually add enough milk to make a soft dough, mixing with a knife. Toss the dough on to a floured board and tap and roll to $\frac{1}{2}$ inch thickness. Bake in sheets for a large shortcake or cut with a bisuit cutter or bake in muffin tins for individual shortcakes. Bake in a very hot oven (450° to 460° F.) 12 to 15 minutes. When done, split into two parts, butter and put crushed sweetened fruit between the layers and on top. Serve hot with cream. Any fresh berries, peaches, bananas, or stewed fruits, fresh or dried, may be used for shortcake.

ORANGE PUDDING

(Serves 6 to 8)

2 cups milk	$\frac{1}{2}$ teaspoon vanilla or almond flavoring
$\frac{1}{3}$ cup sugar	3 or 4 oranges
$\frac{1}{4}$ cup cornstarch	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt	Cream
1 egg, slightly beaten	

Scald $1\frac{3}{4}$ cups milk. Combine sugar, cornstarch, and salt, add $\frac{1}{4}$ cup milk and egg. Add hot milk. Cook until thick, add flavoring, cool. Peel oranges, cut into chunks, sprinkle with sugar, allow to stand 20 minutes. Combine oranges with custard. Serve with cream.

ORANGE CREAM SHERBET

(Serves 15)

2 cups cream	1 cup walnuts or pecan meats,
2½ cups sugar	chopped (optional)
1 quart milk	1 cup orange juice
	⅓ cup lemon juice

Combine cream, sugar, and milk. Add nut meats. Partially freeze in ice cream freezer. Add fruit juices, continue freezing.

PEACH CREAM PUDDING

(Serves 5)

1 cup milk, scalded	½ teaspoon vanilla
¼ cup sugar	1 cup peaches, drained and diced
⅓ teaspoon salt	⅓ cup walnuts, chopped
1½ teaspoons cornstarch	½ cup whipping cream
2 egg yolks	

Combine sugar, salt, and cornstarch. Add hot milk, cook until thick. Add egg yolks and vanilla. Cool. Fold peaches, nut meats, and whipped cream into custard.

PEACH SUNDAE CAKE

Cut a thin layer of sponge or plain butter cake into 3-inch squares or rounds. Pile a generous spoonful of fruit ice cream on top and garnish with sliced canned or sweetened fresh peaches.

PEPPERMINT ICE CREAM

(Serves 6)

1 pound peppermint stick candy	1 pint whipping cream
1 pint milk	

Soak candy in milk over night. Whip cream, combine with candy and milk. Pour into refrigerator tray. Freeze.

PEPPERMINT TAPIOCA CREAM

(Serves 6)

2 cups milk, scalded	¼ teaspoon salt
3 tablespoons granulated tapioca	2 egg yolks
½ cup peppermint candy, crushed	2 egg whites

Add tapioca to hot milk, cook until clear. Add candy and salt to egg yolks, gradually stir in hot tapioca and milk. Return to double boiler and cook until slightly thickened. Fold in stiffly beaten egg whites. Serve in sherbet glasses with chocolate sauce.

PINEAPPLE TAPIOCA CREAM

(Serves 6)

2 cups milk, scalded	⅓ cup water
3 tablespoons tapioca	2 egg whites
2 egg yolks, beaten	1 tablespoon lemon juice
¼ teaspoon salt	¾ cup pineapple, cubed
1 cup sugar	

Add tapioca to milk, cook until tapioca is transparent. Add egg yolk and salt. Allow to stand until cool. Cook sugar and water until it threads. Pour over stiffly beaten egg whites. Beat steadily, add lemon juice, beat again, add pineapple. Combine half of this mixture with tapioca custard. Pour into bowl, cover top with remaining fruit meringue. Serve very cold.

PRINCESS CUSTARD

- | | |
|----------------------------------|--|
| 2 large bananas, diced | 1½ cups milk |
| 1½ teaspoons orange rind, grated | 2 egg yolks, slightly beaten |
| 6 tablespoons orange juice | 2 egg whites |
| 3 tablespoons sugar | 2 tablespoons sugar |
| 2 tablespoons cornstarch | 3 graham crackers, finely crushed (optional) |
| ¼ teaspoon salt | |

Combine bananas, orange rind, and orange juice. In a double boiler combine sugar, cornstarch, and salt. Add milk gradually, cook until it thickens. Slowly stir into egg yolks. Cook until thick, about 2 to 3 minutes. Remove from fire, fold in fruit mixture. Chill. Gradually add sugar to stiffly beaten egg whites, fold into custard. Put into sherbet glasses, sprinkle tops with cracker crumbs.

PRUNE CUSTARD

(Serves 8)

- | | |
|-------------------------|------------------------------|
| 4 eggs, slightly beaten | 2 cups milk, scalded |
| ¼ cup sugar | 1 cup cooked prunes, chopped |
| ¼ teaspoon salt | |

Combine eggs, sugar, and salt. Add milk, mix well. Add prunes, sweetened to taste. Pour into buttered molds. Set in pan of warm water. Bake in a moderate oven (350° F.) 45 to 55 minutes.

PRUNELLA PUDDING

(Serves 6 to 8)

- | | |
|--------------------------|---|
| 1 cup whipping cream | 1 tablespoon vanilla extract |
| 1 cup milk | 12 slices soft bread |
| 1 cup sugar | 1½ cups cooked prunes, pitted and chopped |
| 3 tablespoons cornstarch | ½ cup shredded coconut, toasted |
| ⅓ cup milk, cold | |
| ¼ cup butter | |

Combine cream, milk, and ¾ cup sugar in saucepan and bring to boiling point. Moisten cornstarch with cold milk, stir into hot mixture. Cook until thickened. Add butter and vanilla. Cool until lukewarm. Remove crusts from bread, cube. Toast under broiler flame. Combine prunes with bread cubes and remaining sugar. Arrange half in bottom of large pudding dish. Spread half of the custard over prune mixture. Add remaining prune mixture. Top with custard, sprinkle with toasted coconut. Chill 8 to 10 hours.

PUMPKIN ICE CREAM

(Serves 8)

- | | |
|--------------------------|--|
| 1½ cups milk, scalded | 2 teaspoons gelatin |
| 1½ cups sugar | ⅔ cup cold water |
| 2 tablespoons cornstarch | 4 egg yolks, beaten |
| 1 teaspoon cinnamon | 2 tablespoons preserved orange peel, or 1 tablespoon orange rind, grated |
| ¼ teaspoon nutmeg | 1 cup whipping cream |
| ½ teaspoon salt | |
| 1½ cups canned pumpkin | |

Add combined sugar, cornstarch, spices, salt, and pumpkin to hot milk. Cook until thick. Remove from fire, add gelatin dissolved in water, stir well, add egg yolks and orange peel, blend well. Cool. Whip cream, fold into mixture. Pour into one large or two small refrigerator trays. Freeze, stirring once or twice.

RICE BAVARIAN

- | | |
|--------------------------|-----------------------------|
| 3 cups milk | ½ cup sugar |
| ¼ cup lemon rind, grated | 2 tablespoons gelatin |
| ½ cup rice, uncooked | ½ cup cold water |
| ¼ teaspoon salt | 1 cup whipping cream |
| 1 teaspoon flavoring | Strawberries or other fruit |

Put milk and lemon rind in double boiler. When hot add rice and salt, stirring. Cook until rice is tender. Add flavoring, sugar, and gelatin soaked in water, mix carefully. Whip cream, fold into rice mixture as it begins to set. Pour into mold, chill. Serve with fruit.

SOUTHERN ICE CREAM SUNDAE

(Serves 8)

- | | |
|---------------------|-----------------------------|
| 36 vanilla caramels | 1 cup pecans |
| ¾ cup cream | 1½ quarts vanilla ice cream |

Place caramels and cream in top of double boiler. Place over hot water until caramels melt. Add pecans. Serve ice cream and pour sauce over top.

SPICED CRUMB PUDDING

(Serves 6)

- | | |
|------------------------|---------------------|
| 1 cup dry bread crumbs | ½ cup flour |
| 1 cup sour milk | 1 teaspoon soda |
| ¼ cup butter | ½ teaspoon cinnamon |
| 1 cup brown sugar | ¼ teaspoon cloves |
| 2 tablespoons molasses | ½ cup raisins |

Soak crumbs in milk half an hour. Blend butter and sugar, add molasses. Add sifted dry ingredients, then raisins. Pour into buttered baking dish. Bake in a moderate oven (350° F.) 45 minutes.

SURPRISE SOUR CREAM PUDDING

(Serves 12)

- | | |
|----------------------|---------------------------|
| 2 tablespoons butter | 2 teaspoons baking powder |
| ½ cup sugar | ¼ teaspoon salt |
| 1 teaspoon vanilla | 1 cup milk |
| 1 egg, beaten | 2 cups brown sugar |
| 1½ cups flour | 2 cups sour cream |

Cream butter and sugar, add vanilla and egg. Add sifted dry ingredients alternately with milk. Beat thoroughly. Bake in deep buttered pan. Sprinkle top with brown sugar and pour sour cream over. Bake in a moderate oven (375° F.) 30 to 40 minutes. Batter rises to top, cream and sugar form a caramel sauce. Turn upside down. Serve hot or cold with cream.

SWEET POTATO PUDDING

(Serves 8)

- | | |
|--|-------------------------|
| 6 boiled or baked sweet potatoes, mashed | Rind of 1 lemon, grated |
| ½ cup butter | 4 egg yolks |
| 3 cups milk | ½ teaspoon nutmeg |
| ½ teaspoon cinnamon | 1½ cups sugar |
| | ½ teaspoon allspice |

Combine all ingredients, beat thoroughly. Bake in buttered covered casserole in a moderately slow oven (325° F.) 45 minutes. Remove cover and bake 15 minutes.

A festive still life featuring a roasted bird, a silver tray of rice, and autumnal decorations. In the foreground, a large silver tray holds two roasted birds, possibly quail or small chickens, with their legs tied with white lace. They are surrounded by green leafy vegetables and several bright red, hollowed-out tomatoes. In the upper left, a silver tray is filled with a mixture of rice and herbs. Above it, a woven basket contains autumnal produce, including pumpkins and clusters of red berries. A white card with a black border is positioned in the upper right, containing the title and subtext.

MEAT

*Fowl • Fish
Eggs*

FOWL DINNER

AT LEFT: roast stuffed bird to please the most critical palate. Wild game birds and domestic fowls are abundant in North Carolina and are always a welcomed delicacy when they appear on the table.

BARBECUED CHICKEN

1 chicken—fryer or boiler	Chicken broth
$\frac{1}{4}$ cup or $\frac{1}{2}$ stick butter	Salt to taste
$\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ pod red pepper
3 tablespoons tomato catsup	

Steam whole chicken until done. Make a sauce of the butter, vinegar, and tomato catsup. Add this sauce to enough chicken broth (slightly thickened with flour) to prevent chicken from sticking. Season with salt and pepper. Pour over chicken and place in oven, basting several times while browning.

Note: If desired, approximately 1 tablespoon of vinegar may be added to the water used for steaming chicken.

BRAISED LIVER

(Serves 6)

1 pound liver, sliced	2 onions, sliced
Flour	Salt
2 tablespoons butter	Pepper
2 cups sweet or sour cream	

Dip liver in boiling water, roll in flour. Fry slowly in butter until meat is brown. Pour cream over liver. Add onions, salt, and pepper; simmer 30 to 40 minutes, or bake in a moderate oven (350° F.) 30 to 40 minutes.

BUTTERMILK HAM SOUFFLE

(Serves 6)

4 tablespoons butter	4 egg yolks, slightly beaten
5 tablespoons flour	2 cups cooked ham, ground
$1\frac{1}{4}$ cups buttermilk	4 egg whites

Make white sauce with butter, flour, and buttermilk. Add gradually to egg yolks. Cool slightly. Fold in ham and stiffly beaten egg whites. Add salt if necessary. Pour into buttered baking dish. Bake in a moderate oven (350° F.) 50 minutes.

CASSEROLE OF SEA FOOD

(Serves 8 to 10)

3	hard-cooked eggs, sliced	4	tablespoons butter
1	cup tuna fish	4	tablespoons flour
$\frac{2}{3}$	cup shrimp	1	cup dry bread crumbs
1	cup crabmeat	$\frac{1}{4}$	cup butter, melted
1	cup mushrooms		Salt
1	cup Natural American Cheese, diced		Pepper
1	teaspoon salt	2	cups milk

Arrange eggs in bottom of buttered casserole. Cover with tuna fish, shrimp, and crabmeat. Add mushrooms, cheese, and salt. Make white sauce of butter, flour, salt, pepper, and milk. Pour over contents of casserole. Mix bread crumbs and butter, sprinkle over top. Bake in a moderate oven (350° F.) 35 minutes.

CHEESE HAM CASSEROLE

2	tablespoons butter	2	cups macaroni, cooked
$1\frac{1}{2}$	tablespoons flour	$\frac{1}{2}$	teaspoon salt
1	cup milk	$1\frac{1}{2}$	cups leftover ham, chopped
1	cup Natural American Cheese, grated	2	tablespoons horseradish
		2	teaspoons prepared mustard

Make white sauce with first 3 ingredients. Add cheese, macaroni, and salt; mix. Pour into buttered casserole. Combine remaining ingredients and mix, sprinkle over top of macaroni, pressing into mixture slightly. Bake in a moderate oven (350° F.) 20 minutes.

CHEESE PUFFIT

2	cups ham, ground	3	sliced bread, cubed
2	tablespoons butter	2	egg yolks, slightly beaten
2	cups Natural American Cheese, grated	2	egg whites

Fry ham in butter. Combine cheese and bread with egg yolks. Add ham. Fold stiffly beaten egg whites into mixture. Pour into buttered baking dish and bake in a moderate oven (350° F.) 45 minutes.

CHEESE SALMON LOAF

(Serves 6)

1	pound can ($\frac{3}{4}$ cups) salmon, flaked	$\frac{1}{2}$	teaspoon salt
$1\frac{1}{4}$	cups Natural American Cheese, grated	1	cup bread crumbs
1	egg, beaten	3	tablespoons butter, melted
$\frac{1}{2}$	cup cream	1	tablespoon lemon juice
		$\frac{1}{8}$	teaspoon pepper
			Buttered crumbs

Combine first 9 ingredients. Shape into buttered loaf pan. Sprinkle with crumbs. Bake in a moderate oven (350° F.) 30 minutes. Serve hot or cold with celery sauce.

Celery Sauce

Combine 2 cups well-seasoned white sauce with 1 cup chopped celery.

CHICKEN STEW WITH ONIONS

2 chickens, cut in pieces for serving	$\frac{1}{2}$ cup heavy cream
18 tiny young onions	3 egg yolks
3 tablespoons butter	Salt
4 tablespoons flour	Pepper
	Lemon juice

Cook chickens and onions in small quantity of water. When chicken is tender, remove to serving dish. When onions are soft, drain from stock and reduce stock to $1\frac{1}{2}$ cups. Melt butter, add flour, and very slowly, stock and cream. Add egg yolks, salt, pepper, and lemon juice to taste. Pour sauce over chicken and onions.

CHICKEN SOUFFLE

(8 to 10 servings)

$1\frac{1}{2}$ cups milk or meat stock	1 teaspoon salt
$\frac{1}{2}$ cup soft crumbs (or $\frac{1}{4}$ cup stale)	3 egg yolks—well beaten
2 tablespoons butter	2 cups chopped chicken
2 tablespoons flour	1 teaspoon lemon juice or grated rind
$\frac{1}{8}$ teaspoon pepper	3 egg whites—stiffly beaten
$\frac{1}{4}$ teaspoon paprika	Chopped parsley, green red peppers, or pimiento

Prepare white sauce of first 7 ingredients, adding crumbs to scalded milk. Pour hot over yolks, add chicken and lemon juice. Cool. Fold whites (and remaining seasoning if desired) into the mixture. Place in well-greased mold, set in pan of hot water and bake in moderate oven (350° to 375° F.) for 35 minutes.

COTTAGE CHEESE AND SALMON LOAF

(Serves 10)

Cheese Layer

$\frac{1}{2}$ tablespoon gelatin	3 cups cottage cheese, sieved
2 tablespoons cold milk	$\frac{1}{4}$ teaspoon onion, minced
$\frac{1}{4}$ cup hot milk	$\frac{1}{4}$ teaspoon salt

Soak gelatin in cold milk and dissolve in hot milk. Combine with remaining ingredients. Chill until mixture begins to thicken. Pour into mold. Refrigerate until firm.

Salmon Layer

2 cups red salmon, flaked	1 tablespoon lemon juice
1 cup salad dressing	$\frac{1}{2}$ teaspoon gelatin
$\frac{1}{2}$ cup celery, finely chopped	2 tablespoons cold water

Combine salmon, salad dressing, celery, and lemon juice. Soak gelatin in cold water for five minutes, then dissolve over hot water. Add to salmon mixture. Cool. Pour over cheese layer. To serve, unmold on large platter and garnish with watercress and tomato slices.

CRABMEAT DELIGHT

(Serves 6 to 8)

2	tablespoons butter	$\frac{1}{4}$	cup Parmesan Cheese, grated
2	tablespoons flour	$\frac{1}{2}$	cup butter
2	cups cream, scalded		Salt
$\frac{1}{4}$	cup Natural Swiss Cheese, grated		Cayenne pepper
		2	cups crabmeat

Make white sauce of first 3 ingredients. Add cheese, stir until melted. Add remaining butter, beating hard. Season with salt and cayenne. Arrange crabmeat in shallow buttered casserole. Pour sauce over crabmeat. Place in a moderately hot broiler 8 to 10 minutes, until a golden brown.

ENGLISH LAMB CHOPS

(Serves 5)

2	teaspoons salt	4	tablespoons flour
$\frac{1}{2}$	teaspoon pepper	1	teaspoon Worcestershire sauce
$\frac{1}{4}$	cup melted butter	1	cup bread crumbs
5	lamb shoulder chops	$1\frac{1}{2}$	cups Natural American Cheese, grated
2	tablespoons butter		
$1\frac{1}{2}$	cups milk		

Combine salt, pepper, and butter. Let chops stand in this mixture (marinate) 10 to 30 minutes, then broil on one side 5 minutes. Cool. Make white sauce from butter, milk, flour, and Worcestershire sauce. Spread on uncooked side of chops. Sprinkle with bread crumbs mixed with cheese. Place on oven-proof glass plate and bake in a moderate oven (350° F.) 1 hour.

English Lamb Chops — see recipe above.



ESCALLOPED TUNA

(Serves 6 to 8)

4 tablespoons butter	$\frac{1}{2}$ green pepper, minced
4 tablespoons flour	1 can tuna fish, flaked (1 cup)
2 cups milk	2 cups soft bread cubes
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup cornflakes
1 cup Natural American Cheese, grated	$\frac{1}{2}$ cup Natural American Cheese, grated
$\frac{3}{4}$ cup stuffed olives, sliced	

Make a white sauce with butter, flour, and milk. Add salt. Add cheese, blend. Add olives, green pepper, and tuna fish. Arrange layer of bread cubes on bottom of buttered casserole. Pour half of tuna fish mixture over bread. Spread another layer of bread cubes over tuna fish. Cover with remaining tuna fish. Top with cornflakes, sprinkle with cheese. Bake in a moderate oven (350° F.) 20 minutes.

HUNTINGTON CHICKEN

(Serves 6 to 8)

2 cups macaroni	3 tablespoons pimiento, finely cut
$\frac{1}{2}$ tablespoon butter	1 cup hot chicken broth
$\frac{1}{2}$ tablespoon flour	2 cups cooked chicken, diced
$\frac{1}{2}$ cup cream, scalded	Salt
1 cup cream cheese	Pepper

Cook macaroni. Make cream sauce of butter, flour, and cream. Add cheese, pimiento, and chicken broth; mix. Add chicken and macaroni, add seasonings. Pour into buttered casserole. Bake in a moderate oven (350° F.) 30 to 45 minutes.

RICE, TUNA FISH, AND CHEESE CASSEROLE

(Serves 8 to 10)

2 tablespoons butter	2 cups Natural American Cheese, grated
2 tablespoons flour	
2 cups milk	2 cups rice, cooked
$\frac{1}{2}$ teaspoon salt	7-ounce can tuna fish
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{4}$ cup bread crumbs, buttered

Make white sauce with butter, flour, and milk. Add salt, paprika, and cheese. In a buttered casserole (2-quart) arrange layers of rice, tuna fish, and sauce. Cover top with crumbs. Bake in a moderate oven (350° to 375° F.) 30 minutes.

ROAST TURKEY

Dress, clean, stuff, and truss. Place on its side on rack in dripping pan, rub entire surface with salt, and spread breast, legs and wings with $\frac{1}{3}$ cup butter, rubbed until creamy and mixed with $\frac{1}{4}$ cup flour. Dredge bottom of pan with flour. Place in hot oven (450° F.). When flour on turkey begins to brown, reduce heat (350° F.) and baste every 15 minutes until turkey is cooked (about 3 hours). For basting use $\frac{1}{2}$ cup butter melted in $\frac{1}{2}$ cup boiling water and, after this is used, baste with fat in pan. Pour water in pan during the cooking, as needed to prevent flour from burning. During cooking, turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before serving. Garnish with parsley, or celery tips, or curled celery, or rings and discs of carrots strung on fine wire. (Bread stuffing, chestnut stuffing, celery stuffing or any stuffing desired may be used.)

Chestnut Stuffing

No. 1

- | | |
|----------------------|-------------------------------|
| 1 quart chestnuts | 1 tablespoon salt |
| 3 tablespoons butter | $\frac{1}{2}$ teaspoon pepper |

Shell and blanch chestnuts and boil one-half hour in water enough to cover them, then drain. Do not chop or mash them. Add to them the butter, salt and pepper.

No. 2

- | | |
|-----------------------------------|-------------------------|
| 1 quart chestnuts | 2 tablespoons cream |
| $\frac{1}{4}$ cup bread crumbs | Salt and pepper |
| 2 tablespoons butter or other fat | Onion juice, if desired |

Shell and blanch the chestnuts and cook in boiling water until tender. While they are still hot, rub them through a coarse sieve or colander. Add other ingredients in order given.

SMOTHERED CHICKENS, SOUR CREAM SAUCE

- | | |
|--------------------------|------------------|
| 2 broilers, split | 1 cup sour cream |
| Salt, pepper | Toast |
| $\frac{1}{2}$ cup butter | |

Melt butter in heavy kettle, add broilers sprinkled with salt and pepper. Brown on all sides. Cover closely, reduce heat, and cook until tender (about 30 minutes). Remove broilers. Add cream to fat in pan; when hot, pour over pieces of toast. Arrange broilers on toast and garnish.

SALMON AND CHEESE CASSEROLE

(Serves 8 to 10)

- | | |
|---|--------------------------------|
| 2 cups mashed potatoes | $\frac{1}{4}$ teaspoon cayenne |
| 1 cup hot medium white sauce | Dash of pepper |
| $1\frac{1}{2}$ cups Natural American Cheese, grated | 2 cups canned salmon, flaked |
| $\frac{1}{4}$ teaspoon salt | 1 cup buttered bread crumbs |

Place potatoes in buttered casserole. Combine white sauce, cheese, and seasonings, stir until cheese is melted. Pour half of sauce over potatoes. Add salmon to remaining sauce, pour over contents of casserole. Sprinkle with crumbs. Bake in a moderate oven (350° F.) 20 minutes.

SALMON ROLY POLY

(Serves 8 to 10)

Dough

2 cups flour	$\frac{1}{4}$ cup butter
3 teaspoons baking powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk

Sift dry ingredients together. Add butter, cutting until mixture resembles fine meal. Add combined egg and milk. Knead lightly for 30 seconds. Roll to rectangular shape about $\frac{1}{4}$ inch thick.

Filling

$1\frac{3}{4}$ cups (No. 1 tall can) salmon, flaked	$1\frac{1}{2}$ teaspoons parsley, chopped (optional)
$\frac{1}{4}$ cup milk or salad dressing	$\frac{1}{4}$ cup sweet pickle, chopped
2 teaspoons onion, chopped	$\frac{1}{2}$ teaspoon salt

Combine all ingredients, spread over dough, roll like jelly roll. Bake on buttered baking sheet in a hot oven (425° F.) 40 minutes.

Sauce

2 cups Natural American Cheese, grated	$\frac{1}{2}$ cup milk
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Melt cheese in top of double boiler. Add milk gradually, stirring constantly until sauce is smooth. Serve over salmon in individual servings.

SHRIMP FONDUE

(Serves 8)

5 slices white or cracked wheat bread	2 cups Natural American Cheese, grated
Butter	3 eggs, slightly beaten
$\frac{2}{3}$ cup (1 can) shrimp	2 cups milk
Salt and pepper	

Remove crust from bread, spread bread generously with butter, cut into $\frac{1}{2}$ -inch cubes. Arrange layer in bottom of casserole, then layer of shrimp, then layer of cheese, sprinkling each layer with salt and pepper. Repeat above layers until ingredients are used. Combine eggs and milk, pour over contents of casserole, set in hot water. Bake in a moderate oven (350° F.) 50 to 60 minutes.

SHRIMP AND RICE EN CASSEROLE

(Serves 6)

1 cup cooked shrimp	6 tablespoons tomato catsup
2 cups boiled rice	$\frac{1}{4}$ teaspoon Tobasco sauce
2 cups cream	1 teaspoon Worcestershire sauce
1 tablespoon butter	Bread or cracker crumbs, buttered

Combine first 7 ingredients and heat thoroughly in double boiler. Pour into buttered casserole. Sprinkle top with buttered bread or cracker crumbs. Bake in a moderate oven (350° F.) 30 minutes.

PIES • PASTRY



COCONUT CREAM PIE

AT LEFT: light as a feather—a creamy gem which can be whipped up quickly. Just one of the many delicious pie and pastry recipes in this section. Directions are on page 86.

APPLESAUCE CUSTARD FILLING

(8-inch pie)

- | | |
|-------------------------|--------------------------|
| 2 eggs, slightly beaten | ½ cup strained sweetened |
| 3 tablespoons sugar | applesauce |
| ¼ teaspoon salt | Nutmeg or cinnamon |
| 1 cup milk | |

Beat sugar and salt with eggs, add milk and fold in applesauce. Pour into rice lined pie pan: sprinkle with nutmeg or cinnamon. Bake in moderately hot oven (375° to 400° F.) until custard is set and nicely browned, about 40 to 45 minutes. Serve warm.

Rice Pie Crust

- | | |
|---------------------------------|--------------------------------|
| 2 cups cold boiled rice | ¼ teaspoon salt |
| 3 tablespoons melted shortening | 2 tablespoons sugar (optional) |

Press cold rice through a coarse strainer or mash well with a slotted wooden spoon. Add melted shortening, salt, and sugar and mix well. Press evenly into a greased 8-inch pie plate. Add filling and bake.

BLACKBERRY OR DEWBERRY PIE

- | | |
|---|-----------------|
| 2½ cups berries, picked over and washed | Sugar |
| | ¼ teaspoon salt |

Cook berries until soft with enough water to prevent burning. Add sugar to taste and salt. Cool. Line pie plate with pastry and fill with berries. Put on upper crust and make a long cut in center. Bake 30 minutes in moderate oven.

CHOCOLATE CHIP CUSTARD PIE

(10-inch pie)

- | | |
|----------------------|-------------------------------------|
| 4 egg yolks, beaten | 1 graham cracker crust |
| ½ cup sugar | ½ cup semi-sweet chocolate, chipped |
| 2 cups milk, scalded | ¼ teaspoon cream of tartar |
| 1 tablespoon gelatin | 4 egg whites |
| ¼ cup cold water | ½ cup sugar |
| 1 teaspoon vanilla | |

Beat egg yolks and sugar, add milk, cool in double boiler until thick. Add gelatin softened in water, add vanilla. Cool. Pour into crust. Sprinkle with chocolate. Add cream of tartar to egg whites and beat stiffly. Add sugar. Continue heating until very stiff. Spread over chocolate. Chill 1 hour.

CHOCOLATE LAYER PIE

(10-inch pie)

2 ounces sweet chocolate, grated	4 egg whites, well beaten
9-inch pastry shell, baked	$\frac{2}{3}$ cup sugar
$1\frac{1}{2}$ cups milk	$\frac{1}{4}$ teaspoon salt
4 egg yolks, beaten	1 teaspoon vanilla
1 tablespoon gelatin	$\frac{1}{8}$ teaspoon nutmeg
$\frac{1}{3}$ cup cold water	1 cup cream, whipped

Sprinkle half the chocolate over bottom of hot pastry shell. Scald milk in double boiler. Combine small amount of milk with egg yolks and return to double boiler; continue cooking until custard coats spoon. Add gelatin softened in water; chill. Combine egg whites, sugar, and salt. Fold into mixture; add flavorings. Pour filling into baked pastry shell. Place in refrigerator until set. Before serving spread with whipped cream and sprinkle with remaining chocolate.

COCONUT CREAM PIE

See full color illustration on page 84

(9-inch pie)

$\frac{1}{2}$ cup sugar	3 egg yolks, well beaten
5 tablespoons flour	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	1 cup coconut, shredded
$1\frac{1}{2}$ cups milk, scalded	

Combine first 3 ingredients, then add milk, cook over low fire until thickened. Add egg yolks, cook 2 minutes. Remove from fire, cool, add vanilla and coconut. Pour into baked pie shell. Cover with meringue.

Meringue

4 tablespoons sugar	$\frac{1}{8}$ teaspoon salt
2 egg whites, well beaten	$\frac{1}{2}$ teaspoon vanilla

Add sugar gradually to egg whites, beating constantly. Add salt and vanilla. Pile lightly on pie, bringing it over crust. Brown in a moderate oven (350° F.) 9 or 10 minutes.

COTTAGE CHEESE APPLE PIE

(9-inch pie)

$1\frac{1}{2}$ cups apples, sliced thin	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup sugar	2 eggs, slightly beaten
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ cup cream and $\frac{3}{4}$ cup milk, scalded together
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon vanilla
Pastry	1 cup cottage cheese
$\frac{1}{2}$ cup sugar	

Combine apples, sugar, and spices. Pour into pastry lined pie tin. Bake in a hot oven (425° F.) 15 minutes. Meanwhile add sugar and salt to eggs, combine with hot milk and cream. Add vanilla and cottage cheese. Pour over apple mixture. Continue baking in a moderate oven (325° to 350° F.) 40 minutes, or until mixture sets and is a delicate brown.

COTTAGE CHEESE CHERRY PIE

(9-inch pie)

$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups cottage cheese
$\frac{1}{4}$ teaspoon salt	4 tablespoons melted butter
1 tablespoon flour	2 egg yolks (unbeaten)
2 cups sour cherries, pitted and drained	

Combine sugar, salt, and flour. Add to cottage cheese. Add the butter, egg yolks, and cherries and mix thoroughly. Pour into an unbaked pie shell. Bake at 400° F. for 10 minutes and then reduce temperature to 350° F. Continue baking until filling is firm or a silver knife inserted in the center comes out clean. Cool on a cake rack.

Butter Pastry

2 cups all-purpose flour	$\frac{5}{8}$ cup butter
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup ice water (approx.)

Sift flour, measure, and sift with the salt. Cut in the butter until the mixture has the consistency of cornmeal. Add water gradually until a dough is formed. Roll out to $\frac{1}{8}$ inch thickness. Fold and fit into pan without stretching. Makes two 9-inch pie shells.

DATE CREAM PIE

(9-inch pie)

$\frac{1}{2}$ cup sugar	2 cups dates, quartered
$\frac{1}{4}$ cup cornstarch	$\frac{1}{4}$ cup pecan meats, chopped
1 teaspoon salt	1 teaspoon lemon juice
2 cups thick sour cream	9-inch baked pie shell
2 eggs, slightly beaten	Whipped cream

Combine sugar, cornstarch, and salt. Add cream. Cook in double boiler, stirring constantly, until thickened. Add eggs, then dates and pecan meats, stir well, cool. Add lemon juice, pour into pie shell. Cool. Top with whipped cream.

DEEP DISH PEACH PIE

(4 servings)

6 large peaches, peeled and halved	$1\frac{1}{2}$ teaspoons baking powder
Sugar	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sifted cake or pastry flour	4 tablespoons shortening
2 tablespoons sugar	$\frac{1}{2}$ cup milk

Place peaches in casserole; sprinkle with sugar to taste. Cut shortening into mixed and sifted dry ingredients to the consistency of coarse meal. Add milk and mix until just blended. Turn on floured board. Fold over 3 times. Pat to size of casserole. Place on fruit. Bake in moderate oven (375° F.) for 1 hour or until pastry is done.

EGGNOG PIE IN GRAHAM CRACKER SHELL

(9-inch pie)

1 cup rich milk	$\frac{1}{2}$ cup coconut or nut meats
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon vanilla
3 egg yolks	3 egg whites
$\frac{1}{2}$ cup sugar	1 graham cracker crust
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup cream, whipped
1 tablespoon gelatin	Semi-sweet chocolate, grated
$\frac{1}{4}$ cup cold water	

Heat milk in double boiler, add nutmeg. Beat egg yolks, sugar, and salt together, add to milk, stirring constantly. Cook until mixture coats the spoon. Soak gelatin in water, add to custard, cool. Add coconut and flavoring. Fold in well-beaten egg whites. Put in pie crust, chill. Top with whipped cream and chocolate.

LEMON CHEESE PIE

(9-inch pie)

1 cup sugar	Salt
$\frac{1}{4}$ cup flour	Juice of 1 lemon
1 cup boiling water	Rind of 1 lemon, grated
2 egg yolks, beaten	2 egg whites
$\frac{1}{2}$ cup Natural American Cheese, grated	$\frac{1}{4}$ cup sugar

Mix sugar and flour together. Add to boiling water, stirring vigorously. Cook until thick. Add egg yolks, cook 2 minutes. Remove from fire. Add cheese, stir until melted. Add salt, lemon juice, and rind. Pour into cheese pastry shell. Cover with meringue made by beating egg whites until stiff and adding sugar. Bake in a moderate oven (350° F.) 9 or 10 minutes, or until brown.

Cheese Pastry Shell

1 cup flour	$\frac{1}{3}$ cup Natural American Cheese, grated
$\frac{1}{4}$ teaspoon salt	2 to 3 tablespoons cold water
$\frac{1}{3}$ cup lard	

Mix flour and salt, cut in lard, add cheese, mix evenly. Sprinkle a little water over dry ingredients, toss lightly with fork until whole mixture is uniformly dampened. Press into a ball. Roll out thin on a slightly-floured board. Fit loosely in a pie pan. Prick bottom and sides with a fork. Bake in a hot oven (450° F.) 8 to 10 minutes.

MAMMY'S FRIED PIES

Stew dried apples, peaches, or apricots. Drain off all juice, mash well and sweeten. Roll plain pastry $\frac{1}{8}$ inch thick and cut 4-inch circles or squares. Place a spoonful of the filling on half. Moisten the edge with cold water, fold over and press the edges firmly together. Fry in deep fat like doughnuts or sauté with a little fat in a hot frying pan, turning the pie so that it will brown on both sides. These are good with fillings of mince meat or any thick jam or preserve.

ORANGE PUMPKIN PIE

(9-inch pie)

1 teaspoon ginger	2 eggs
1 teaspoon cinnamon	1¼ cups pumpkin
¼ cup boiling water	1 cup evaporated milk (scalded)
¾ cup brown sugar	3 tablespoons orange juice
½ teaspoon salt	

Make a smooth paste of the spices and water. Add with the sugar, salt, and beaten eggs to the pumpkin. Stir to blend thoroughly, then add hot milk. Add orange juice and pour immediately into an unbaked pie shell. Bake in a hot oven (425° F.) 15 minutes, then reduce to a slow oven (300° F.) and bake until filling is just set.

PEACH CRUMBLE PIE

Peaches	1 cup flour
1 cup brown sugar	3 tablespoons butter

Cut peaches, fill glass pie plate. Cream butter, add flour and sugar and spread over peaches. Bake in moderate oven (350° F.) 45 minutes. Serve in baking dish.

PECAN PUMPKIN PIE

(9-inch pie)

¾ cup brown sugar	¼ teaspoon allspice
1 teaspoon cinnamon	½ teaspoon salt
1 teaspoon ginger	1¼ cups pumpkin
¼ teaspoon nutmeg	1 tablespoon molasses
2 tablespoons orange juice	1¼ cups rich milk, scalded
2 eggs, well beaten	9-inch pie shell, unbaked

Combine sugar, spices, salt, and pumpkin. Add molasses, orange juice, eggs, and hot milk. Pour into pie shell. Bake in a hot oven (425° F.) 10 minutes, then in a moderate oven (325° to 350° F.) 30 to 40 minutes.

Topping

¼ cup butter	1 cup brown sugar
1 cup pecans	

Combine all ingredients, spread over top of pie. Place under broiler flame or return to oven about 5 minutes to glaze top. Serve slightly warm or cold.

PECAN PIE

½ cup butter	1 cup light corn syrup
½ cup brown sugar	½ cup milk
3 eggs	½ teaspoon vanilla
¼ teaspoon salt	1 cup finely chopped pecans

Cream butter and sugar. Add other ingredients. Mix well. Line pie plate with plain pastry, pour in filling, and bake 40 minutes in moderate oven (350° F.). Chill. Serve with whipped cream.



Pumpkin Chiffon Pie — see recipe below

PUMPKIN CHIFFON PIE WITH GINGERSNAP CRUST (9-inch pie)

- | | |
|---------------------------------|-------------------------------|
| 3 egg yolks, slightly beaten | $\frac{1}{2}$ teaspoon ginger |
| 1 cup sugar | $\frac{1}{2}$ teaspoon nutmeg |
| $1\frac{1}{4}$ cups pumpkin | 1 tablespoon gelatin |
| $\frac{1}{2}$ cup milk | $\frac{1}{4}$ cup cold water |
| $\frac{1}{2}$ teaspoon cinnamon | 3 egg whites |
| $\frac{1}{2}$ teaspoon salt | Whipped cream |

Combine egg yolks, $\frac{1}{2}$ cup sugar, pumpkin, milk, and spices. Cook in double boiler until thick. Soak gelatin in water 5 minutes, add to pumpkin mixture. Mix and cool. When thick, add remaining sugar and fold in stiffly beaten egg whites. Pour in pie shell and serve with whipped cream. Gingersnap or graham cracker crust may be used.

Crust

- | | |
|---|--|
| $1\frac{1}{2}$ cups gingersnap or graham cracker crumbs | $\frac{1}{2}$ cup butter (scant) |
| | $\frac{1}{4}$ cup confectioners' sugar |

Combine all ingredients. Pat firmly into pan. Cool for several hours. Fill with above filling and chill.

RAISIN CRUMB PIE (9-inch pie)

- | | |
|--------------------------|--------------------------|
| $\frac{3}{4}$ cup water | $\frac{3}{4}$ cup sugar |
| 2 cups seedless raisins | $\frac{1}{4}$ cup butter |
| $\frac{1}{2}$ cup sugar | 1 egg |
| 1 cup flour | $\frac{1}{2}$ cup milk |
| 1 teaspoon baking powder | 9-inch pastry crust |

Add water to raisins and sugar, boil 5 minutes. Sift dry ingredients together, mix in butter. Beat egg, add milk and half the flour mixture. Blend thoroughly, add raisin mixture. Pour raisin mixture into crust. Sprinkle top with remaining flour mixture. Bake in a hot oven (450° F.) 10 minutes, then in a moderate oven (350° F.) 30 minutes. May be served warm or cold.

SOUR CREAM RAISIN PIE

(9-inch pie)

3 $\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup seedless raisins
1 teaspoon cinnamon	1 teaspoon lemon rind, grated
$\frac{1}{2}$ teaspoon nutmeg	Salt
2 eggs, slightly beaten	Pie shell, unbaked
1 cup thick sour cream	

Combine sugar, spices, and eggs. Add cream, raisins, rind, and salt. Pour filling into pie shell. Bake in a hot oven (450° F.) 10 minutes, then in a moderate oven (325° to 350° F.) 30 minutes, or until custard is set. Serve hot or cold.

SWEET POTATO PIE

(9-inch pie)

$\frac{1}{4}$ cup butter	Nutmeg
Salt	Allspice
3 $\frac{1}{4}$ cup sugar	2 cups sweet potatoes, mashed
3 egg yolks	1 cup rich milk, scalded
Juice of 1 lemon	3 egg whites
$\frac{1}{4}$ teaspoon cinnamon	9-inch pie shell

Blend butter, salt, and sugar, add egg yolks, lemon juice, spices, potato pulp, and hot milk. Fold in stiffly beaten egg whites. Place in pie shell. Bake in a hot oven (425° F.) 10 minutes, then in a moderate oven (350° F.) 30 to 40 minutes, until pie is firm in center.

TOASTED COCONUT MOUSSE PIE

(9-inch pie)

1 cup whipping cream	1 egg white
3 tablespoons sugar	$\frac{1}{2}$ cup coconut, toasted
$\frac{1}{2}$ teaspoon vanilla	

Whip cream, add sugar and vanilla extract. Beat the egg white until stiff and fold it into the cream mixture. Add coconut. Place in freezing tray of automatic refrigerator.

Graham Cracker Crust

2 cups graham crackers, crushed	$\frac{1}{2}$ cup butter, melted
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Combine. Pack into pie pan to form crust. Set in refrigerator to chill. Put frozen mixture in crust and cover with sliced sweetened peaches or strawberries.

WASHINGTON CREAM PIE

(Serves 6 to 8)

$\frac{3}{4}$ cup cake flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon cream of tartar	4 egg whites
Salt	1 cup apricots or peaches, sieved
4 egg yolks	1 cup cream, whipped
1 cup sugar	

Sift dry ingredients together three times. Beat egg yolks, adding $\frac{1}{2}$ cup sugar gradually. Add vanilla. Beat egg whites until foamy, adding $\frac{1}{4}$ cup sugar gradually until thick and smooth. Fold yolk mixture into whites; fold in flour mixture. Bake in a spring form pan (9-inch) in a moderate oven (350° F.) 45 minutes. Cool. Remove from pan, cut in two crosswise. Combine apricot puree and remaining sugar, fold in cream. Put between two layers. Sprinkle top with confectioners' sugar. Serve with whipped cream.

SALADS

*Salad Dressings
and Accompaniments*



FRESH VEGETABLE AND CHEESE SALAD

AT LEFT: almost a complete meal in itself and full of healthful vitamins. Fun to make and delicious to eat. Recipe is on page 98 — just one idea among many in this section.

APPLE SURPRISE MOLD

(Serves 6)

- | | |
|------------------------------------|---------------------------|
| 2½ cups applesauce | 2 tablespoons cold water |
| ¼ cup sugar | ¼ teaspoon nutmeg |
| 2 tablespoons red cinnamon candies | 1 tablespoon lemon juice |
| 1 tablespoon gelatin | 1 3-oz. pkg. cream cheese |
| | Lettuce |

Bring the applesauce to a boil, remove from the heat and add the sugar, cinnamon candies, and the gelatin which has been softened in the cold water. Stir until all are dissolved in the applesauce. Add the nutmeg and lemon juice, pour into a ring mold and chill until firm. Unmold on a chop plate and garnish plate with cream cheese balls in crisp lettuce cups. Fill center of ring with lettuce hearts.

APRICOT COTTAGE CHEESE SALAD

(Serves 8)

- | | |
|----------------------------------|--------------------------------------|
| 1 package lemon-flavored gelatin | 2 cups stewed dried apricots, mashed |
| 2 cups boiling water | 1 cup cottage cheese |

Dissolve gelatin in water. Cool until it begins to thicken. Add apricots. Pour half into mold, allow to harden. Spread cottage cheese on hardened gelatin. Pour remainder of gelatin over cottage cheese. Chill. Cut in squares and serve with boiled dressing.

ARGYLE SALAD DRESSING

(1½ cups)

- | | |
|---------------------|----------------------|
| 1 tablespoon sugar | 12 marshmallows |
| 1 teaspoon salt | 1 teaspoon butter |
| 1 teaspoon mustard | 1 cup whipping cream |
| 4 egg yolks, beaten | ½ cup pecans, broken |
| ¼ cup vinegar | |

Combine dry ingredients with egg yolks. Add vinegar gradually and cook slowly until thick, stirring constantly. Add marshmallows and butter, stir until melted. Cool slightly, add cream and nut meats.

BUTTERCUP DRESSING FOR FRUIT SALAD

- | | |
|-------------------------------|------------------------------|
| $\frac{1}{4}$ cup flour | 4 egg yolks, slightly beaten |
| $\frac{1}{2}$ cup sugar | 16 marshmallows |
| $\frac{1}{2}$ teaspoon salt | 4 egg whites |
| 1 cup pineapple juice | Whipped cream |
| $\frac{1}{4}$ cup lemon juice | |

Mix flour, sugar, and salt with sufficient fruit juice to make a smooth paste. Heat remaining fruit juice to boiling point, add sugar mixture. Cook until thick. Add egg yolks. Remove from fire, add marshmallows. When cool fold in stiffly beaten egg whites. To serve, mix with an equal part of whipped cream.

CHEESE AND PEA SALAD

(Serves 8 to 10)

- | | |
|--|---|
| 2 cups peas | 6 small radishes, sliced |
| 2 hard-cooked eggs, chopped or sliced | $\frac{1}{2}$ cup celery, diced |
| 3 or 4 sweet pickles, chopped | $\frac{3}{4}$ cup boiled salad dressing |
| $\frac{3}{4}$ cup Natural American Cheese, diced | $\frac{1}{2}$ teaspoon salt |
| | Lettuce leaves |

Combine first 6 ingredients. Add salad dressing and salt; mix. Serve on lettuce leaves.

Cheese Marbles — see recipe on page 95.



CHEESE MARBLES

- | | |
|---|-----------------------------|
| 2 cups Natural American Cheese,
grated | 1 cup flour |
| $\frac{1}{2}$ cup butter | $\frac{1}{8}$ teaspoon salt |

Blend cheese and butter, add flour and salt, blending. Roll into balls about size of marbles. Place on buttered baking sheet and bake in a moderate oven (350° F.) 10 minutes, or until done. Serve with salad.

COTTAGE CHEESE AND VEGETABLE SALAD

(Serves 4 to 6)

- | | |
|--|---------------------------|
| 2 cups cottage cheese | Salt |
| $\frac{1}{2}$ cup radishes, sliced | Paprika |
| $\frac{1}{2}$ cup unpeeled cucumber, diced | Watercress or lettuce |
| $\frac{3}{4}$ cup green onions and tops,
sliced | Sour cream salad dressing |

Combine first 6 ingredients; mix. Serve on watercress with salad dressing.

COTTAGE CHEESE IN TOMATO ASPIC

(Serves 6-8)

- | | |
|---|--|
| 2 tablespoons gelatin | 1 No. 2½ can or 3½ cups cooked
tomatoes |
| $\frac{1}{2}$ cup chopped celery leaves | 6 cloves |
| $\frac{1}{2}$ small onion | Few grains pepper |
| $\frac{3}{4}$ to 1 teaspoon salt | 1½ tablespoons lemon juice |
| $\frac{1}{8}$ teaspoon sugar | 1½ cups cottage cheese |
| 1½ tablespoons vinegar | Lettuce or other greens |
| $\frac{1}{4}$ cup chopped celery | |

Sprinkle the gelatin over $\frac{1}{2}$ cup of tomato juice drained from the tomatoes. Cook the remainder of the tomatoes and juice with the celery leaves, celery, onion, cloves, salt, pepper, and sugar for 10 minutes. Put through a sieve and add lemon juice and vinegar. Add the gelatin and tomato juice and stir until gelatin is dissolved. Pour into a ring mold and chill. When the mixture begins to congeal press in cottage cheese by spoonfuls. Chill until firm and unmold on lettuce or other greens. Serve with mayonnaise or salad dressing if desired.

COTTAGE CHEESE SALAD MOLD

(Serves 8)

- | | |
|--------------------------------|-----------------------------------|
| 2 tablespoons gelatin | $\frac{1}{2}$ cup salad dressing |
| $\frac{1}{4}$ cup cold water | 1 cup peas |
| 2 cups cottage cheese, sieved | 1 cup celery, chopped |
| $\frac{3}{4}$ teaspoon salt | $\frac{1}{2}$ cup carrots, grated |
| $\frac{1}{8}$ teaspoon paprika | |

Soften gelatin in water and dissolve over hot water. Combine cheese, salt, paprika, and salad dressing; mix. Add dissolved gelatin, then vegetables. Pour into large, wet mold. Chill until firm. Unmold on bed of lettuce. Serve with salad dressing.

COTTAGE CHEESE SALAD DRESSING

1	clove garlic	1	teaspoon salt
½	green pepper, chopped	¼	teaspoon paprika
2	radishes, chopped	3	tablespoons lemon juice
2	hard-cooked egg yolks, mashed	½	cup buttermilk
6	tablespoons cottage cheese		

Rub inside of bowl with garlic. Combine green pepper, radishes, and egg yolks in bowl, add remaining ingredients, mix thoroughly. Pour over hearts of lettuce or any green salad.

COTTAGE CHEESE SALMON SALAD

(Serves 6)

1 cup cottage cheese	Salt
1 cup red salmon, flaked	Pepper
½ cup celery, chopped	½ cup mayonnaise
½ cup sweet pickles, chopped	

Combine ingredients in order given. Chill to improve flavor. Serve with a tart salad dressing on lettuce. As a variation, tuna may be used instead of salmon.

CREAM DRESSING FOR COLE SLAW

(Serves 6 to 8)

¼	cup thick sour or sweet cream	¼	teaspoon salt
2	tablespoons sugar		Pepper
¼	cup vinegar	1	quart cabbage, finely shredded
	Few drops onion juice		

Combine first 6 ingredients, beat, pour over cabbage. Mix well and serve at once.

CREAM DRESSING FOR FRUIT SALADS

(1 quart)

½	cup butter	½	cup vinegar
2	tablespoons flour	1	teaspoon salt
1	cup milk	¼	cup sugar
3	egg yolks, beaten	3	egg whites
1	teaspoon mustard		

Make white sauce with butter, flour, and milk. Combine egg yolks and mustard, dissolved in 1 tablespoon vinegar, in top of double boiler. Add salt and remaining vinegar. Pour cream sauce over egg mixture gradually and return to double boiler, cook until thickened. Remove from fire, add sugar, fold in stiffly beaten egg whites.

CREAMY SALAD

(Serves 10 to 12)

1	cup seedless raisins	½	cup peanut butter
2	cups celery, finely chopped	1	cup boiled salad dressing
1	tablespoon gelatin	2	cups cottage cheese
¼	cup cold water		

Combine raisins and celery. Soften gelatin in water and dissolve over hot water. Blend peanut butter and salad dressing, add cottage cheese, dissolved gelatin, raisins, and celery, mix thoroughly. Pour into large mold or individual molds. Chill until firm.

CUCUMBER COTTAGE CHEESE SALAD

(Serves 10)

2 cups cottage cheese	Salt
$\frac{1}{2}$ cup sour cream	Pepper
$\frac{1}{4}$ cup chives, chopped	Lettuce leaves
$\frac{1}{2}$ cucumber, diced	1 tablespoon watercress, chopped

Mix cottage cheese and cream lightly with fork. Add chives, cucumber, salt, and pepper. Shape into mounds on lettuce leaves. Garnish with watercress.

DAIRY LUNCH PLATE

(Serves 1)

On a bed of lettuce place a slice of pineapple. Cover with $\frac{1}{4}$ to $\frac{1}{2}$ cup cottage cheese, seasoned with salt, pepper and moistened with whipping cream. Cover with another slice of pineapple if preferred and top with a spoonful of the cheese. Arrange slices of avocado, grapefruit sections, tomato wedges, and strips of lean broiled bacon attractively around pineapple. Serve with French dressing. American cheese cubes and bananas cut in half lengthwise or sliced may be added.

DATE-NUT SALAD

(Serves 4)

1 cup chopped celery	Mayonnaise
1 cup chopped apple	Lettuce
1 cup shredded dates	1 cup shredded American Cheese
1 tablespoon lemon juice	$\frac{1}{2}$ cup chopped nutmeats

Combine the celery, apple, dates, and lemon juice. Add mayonnaise to moisten well. Chill thoroughly. Serve on crisp lettuce, garnished with the shredded cheese and chopped nut meats.

EGG AND PEANUT SALAD WITH CELERY

6 hard-cooked eggs	Mayonnaise
$\frac{1}{4}$ to $\frac{1}{2}$ cup chopped peanuts or peanut butter	Celery curls
	Garnished with peanut halves

Cut the eggs in half lengthwise, remove the yolks and combine with chopped peanuts or peanut butter and mayonnaise to moisten. Fill the whites with this mixture. Put two halves of egg on a plate, surround with curls of celery. Put mayonnaise dressing over each egg and garnish with peanut halves. Lay a halved peanut on each celery curl.

FRESH PEACH AND COTTAGE CHEESE SALAD

(Serves 6)

9 medium sized or 6 large peaches	1 cup cottage cheese Lettuce
--------------------------------------	---------------------------------

Peel peaches, cut in halves and remove pits. Place on lettuce or other greens with the cut sides up and fill centers with cottage cheese. Serve with French or salad dressing.

FRESH VEGETABLE AND CHEESE SALAD

(Serves 10 to 12)

See full color illustration on page 92

- | | | |
|---|-----------------------------------|-------------------------------------|
| 2 | heads lettuce, cut in eighths | Whites of 4 hard-cooked eggs, |
| 1 | tomatoes, peel and cut in squares | sliced |
| | | French dressing |
| 1 | onion, finely chopped | 2 cups Natural American Cheese, |
| 2 | cups celery, diced | grated |
| 1 | bunch radishes, sliced | Yolks of 4 hard-cooked eggs, sieved |
| 1 | cucumber, diced | |

Toss first 7 ingredients together in salad bowl. Pour French dressing over contents. Garnish with cheese and egg yolks.

FROSTED MELON MOLD

- | | |
|---------------|-------------------------------|
| Melon | Milk |
| Fruit gelatin | Curly endive or chicory |
| Cream cheese | French or mayonnaise dressing |

Peel a whole melon. Cut a slice from end and remove seeds. Fill center with fruit gelatin and refrigerate until gelatin is firm. Slightly soften cheese with milk and frost the entire outside of melon. Serve in slices on crisp chicory, with dressing.

GRAPE CLUSTER SALAD

Place each pear half round side up on galax leaves. Slightly soften cream cheese with milk and spread it over the pear halves. Cut grapes in half, remove the seeds, and cover each pear with grape halves to resemble a bunch of grapes. Place a bit of grape stem, or galax stem, in the large end of each pear. Serve with French dressing.

Frozen Fruit Salad — see recipe on page 99.



FROZEN FRUIT SALAD

(Serves 8)

- | | |
|--|---------------------------------------|
| 12 marshmallows, quartered | $\frac{1}{2}$ cup Maraschino cherries |
| 1 cup mayonnaise | 2 cups canned fruit, cut in half |
| 1 cup whipping cream | (pears, pineapple, or peaches) |
| 3 ounces ($\frac{1}{2}$ cup) cream cheese | |

Combine marshmallows and fruit juice, let stand until marshmallows have softened. Combine mayonnaise, whipped cream, and cheese, mix until creamy, add fruit. Pour into refrigerator tray and freeze 3 hours. Cut into squares and serve on lettuce with whipped cream if desired.

HONEY SALAD DRESSING

- | | |
|--------------------------|----------------------------------|
| 3 egg yolks, well beaten | $\frac{1}{3}$ cup lemon juice |
| $\frac{1}{2}$ cup honey | Rind of 1 lemon, grated |
| 1 tablespoon sugar | $\frac{1}{2}$ cup cream, whipped |

Combine first 5 ingredients in double boiler, cook, stirring constantly, until thick. Cool. Add cream.

JELLIED CHEESE SALAD

(Serves 6)

- | | |
|---|----------------------------------|
| $\frac{1}{2}$ pimiento, chopped | 1 tablespoon lemon juice |
| $\frac{1}{4}$ cup nut meats, chopped | 1 tablespoon gelatin |
| $\frac{1}{4}$ cup green peppers, chopped | $\frac{1}{4}$ cup cold water |
| $\frac{1}{4}$ cup stuffed olives, chopped | $\frac{1}{4}$ teaspoon salt |
| 1 cup Natural American Cheese, grated | $\frac{1}{2}$ cup cream, whipped |
| $\frac{1}{2}$ cup boiled dressing | French dressing |

Combine first 7 ingredients; mix. Soak gelatin in water and dissolve over hot water. Add to mixture. Add salt, fold in cream. Pour into individual molds or one large mold. Chill. Unmold and serve on lettuce with French dressing.

MAGIC MAYONNAISE

($1\frac{1}{2}$ cups)

- | | |
|--|-----------------------------|
| $\frac{1}{4}$ cup lemon juice | 1 egg yolk |
| $\frac{1}{4}$ cup butter, melted | $\frac{1}{2}$ teaspoon salt |
| $\frac{2}{3}$ cup sweetened condensed milk | 1 teaspoon dry mustard |

Place ingredients in pint jar in order listed. Fasten top tightly, shake vigorously for 2 minutes. Chill for thicker consistency.

MOLDED COTTAGE CHEESE AND PINEAPPLE SALAD

(Serves 12)

- | | |
|------------------------------------|--|
| 1 package lemon-flavored gelatin | 1 cup boiling water |
| 1 cup boiling water | 1 cup pineapple juice |
| 1 cup cream, whipped | 1 cup pineapple, chopped |
| $1\frac{1}{2}$ cups cottage cheese | $\frac{1}{3}$ cup stuffed olives, sliced |
| 1 package lime-flavored gelatin | $\frac{1}{3}$ cup walnut meats, broken |

Dissolve lemon gelatin in water, cool slightly, beat with egg beater until light. Add cream, beat, add cottage cheese. Pour into round mold, allow to set until quite firm. Dissolve lime gelatin in water and pineapple juice; cool. Add pineapple, olives, and walnut meats. Pour on top of first mold, allow to set until firm. Unmold on salad plate. Cut like cake.

OAK PARK SALAD DRESSING

1 cup whipping cream	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup mayonnaise	Juice of 1 lemon
$\frac{1}{3}$ cup brown sugar	

Whip cream, add mayonnaise. Add combined sugar, salt, and lemon juice. More sugar may be used for fruit salad.

SALAD DRESSING — I

3 tablespoons sugar	$\frac{1}{2}$ teaspoon celery salt
$\frac{1}{2}$ teaspoon pepper	2 eggs, slightly beaten
$\frac{1}{2}$ teaspoon mustard	$\frac{2}{3}$ cup sour cream
1 teaspoon salt	$\frac{1}{3}$ cup vinegar

Combine dry ingredients, add eggs, then add sour cream and vinegar. Cook until thick. May be thinned with sweet or sour cream when served.

SALAD DRESSING — II

4 egg yolks, beaten	$\frac{1}{2}$ cup vinegar
1 cup cream	1 tablespoon ground mustard
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter	Pinch red pepper

Combine all ingredients, cook in double boiler or over slow fire until thickened.

SOUR CREAM DRESSING — I

1 cup thick sour cream	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup honey

Combine in order listed, beat well. Pour over finely shredded cabbage.

SOUR CREAM DRESSING — II

$\frac{1}{2}$ cup thick cream	$\frac{1}{4}$ teaspoon mustard
2 tablespoons sugar	2 tablespoons vinegar
$\frac{1}{4}$ teaspoon paprika	3 tablespoons chili sauce or catsup

Mix all ingredients together, beat or whip until smooth. Chill.

SOUR CREAM DRESSING — III

1 cup thick sour cream	$1\frac{1}{2}$ to 2 teaspoons prepared mustard
2 teaspoons sugar	Paprika
1 teaspoon salt	

Beat cream until stiff and smooth, add seasonings, mix well. As a variation add $\frac{1}{4}$ cup peanut butter, 3 tablespoons vinegar, and omit the mustard.

THOUSAND ISLAND DRESSING

$\frac{1}{2}$ cup mayonnaise dressing	2 tablespoons chili sauce
2 tablespoons pimientos, finely chopped	$\frac{1}{2}$ cup whipping cream
1 teaspoon chives, minced	2 hard-cooked eggs, coarsely chopped
2 tablespoons tomato catsup	

Combine first 5 ingredients. When ready to serve, whip cream, add cream and eggs to first mixture.



Tomato Ring Salad — see recipe on this page

TOMATO RING SALAD

(Serves 6)

- | | |
|------------------------------|------------------------------------|
| 2 to 3 large, firm tomatoes | 1 tablespoon green pepper, |
| 1 teaspoon gelatin | chopped |
| 1 tablespoon water | 1 tablespoon chili sauce or catsup |
| 1 cup cottage cheese | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon celery, chopped | $\frac{1}{4}$ teaspoon paprika |
| 1 teaspoon pickles, chopped | Salad greens |
| | French dressing |

Peel tomatoes. Cut thin slice from stem end, scoop out center, drain. Soften gelatin in water, combine next 7 ingredients. Fill centers of tomatoes with this mixture. Chill until firm. Slice with sharp knife. Arrange on greens, serve with French dressing.

SANDWICHES



SANDWICH LOAF

AT LEFT: a tasty luncheon dish made of odds and ends from refrigerator and pantry — proof that the lowly sandwich can become the symbol of true hospitality. Recipe is on page 104.

AMERICAN DAIRY SANDWICH

- | | |
|---------------------------------|--------------------------------|
| 1 pound Natural American Cheese | $\frac{1}{4}$ pound dried beef |
| | Tomato soup |

Put cheese and beef through food chopper; moisten with soup. Will keep several weeks in refrigerator.

BROILED CHEESE SANDWICH

(Serves 6)

- | | |
|----------------------------------|-----------------|
| 6 slices bread | Pepper |
| 6 slices Natural American Cheese | 12 strips bacon |
| Slices of tomato | |

Spread bread with butter, cover bread with cheese, then layer of tomato, pepper. Place 2 strips of bacon on each sandwich. Broil until cheese melts and bacon is crisp. May be prepared in advance and broiled just before serving.

Note: Bacon may be omitted.

CHEESE-HAM SANDWICH FILLING

($1\frac{1}{2}$ pints)

- | | |
|--|-------------------------------|
| $\frac{1}{2}$ pound cream cheese | 1 small onion |
| $\frac{3}{4}$ pound boiled or baked ham | 1 pimiento |
| 2 large dill pickles, or 4 small sweet pickles | Sweet cream or salad dressing |
| | Bread |

Put first 5 ingredients through food chopper. Add cream; mix well. Spread between thin slices of bread.

CHEESE ROLLS

(Serves 6)

- | | |
|--|--------------------------------------|
| 6 wieners | 6 slices bacon |
| 6 pieces Natural American Cheese ($\frac{1}{4} \times \frac{1}{4} \times 4$ inches) | 6 wiener rolls, toasted and buttered |

Slit wieners lengthwise. Insert cheese in slit. Wrap with bacon, spiral fashion. Fry or toast, with slit side down, for a half minute. Serve hot in roll held together with toothpicks.

FIRESIDE SNACKS

(Serves 6)

- | | |
|---|----------------|
| $\frac{1}{2}$ pound spiced ham | 1 green pepper |
| 6 large sweet pickles | 1 medium onion |
| $\frac{1}{2}$ pound Natural American Cheese | 6 wiener rolls |

Put first 5 ingredients through food grinder; combine. Cut rolls along one side, remove some of center dough, fill with mixture. Heat in a moderate oven (350° F.) 15 minutes.

HONEY BUTTER

- | | |
|--------------|-------------|
| 1 cup butter | 1 cup honey |
|--------------|-------------|

Put butter and honey in bowl; place bowl in hot water. When creamy in consistency heat until blended. Set aside to cool. Use as a sandwich spread.

NIPPY CHEESE SANDWICH FILLING

(2 $\frac{1}{2}$ cups)

- | | |
|---|---|
| 2 tablespoons granulated tapioca | $\frac{1}{4}$ pound dried beef, finely ground |
| 2 cups tomatoes, strained and heated | $\frac{1}{8}$ teaspoon pepper |
| 2 cups aged Natural American Cheese, grated | $\frac{1}{4}$ teaspoon mustard |
| | $\frac{1}{4}$ teaspoon Worcestershire sauce |

Combine tapioca and tomato juice. Cook in double boiler until tapioca is clear, stirring frequently. Remove from fire. Add cheese gradually, stir until melted. Add dried beef and seasoning. Cool.

PEANUT BUTTER — HONEY SANDWICH FILLING

- | | |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ cup peanut butter | 2 to 3 tablespoons honey |
|---------------------------------|--------------------------|

Mix together thoroughly and spread on slices of buttered bread. Chopped dried fruits such as raisins, prunes or dates may be added if desired.

SANDWICH LOAF

See full color illustration on page 102

- | | |
|---------------------------------------|--|
| 1 loaf sandwich bread | 1 cup red salmon, flaked |
| 1 cup Natural American Cheese, grated | $\frac{1}{4}$ cup green pickle, chopped |
| 3 tablespoons pickle relish | $\frac{3}{4}$ cup Blue Vein cheese, grated |
| 2 tablespoons pimiento, chopped | Stuffed olives, sliced |
| $\frac{1}{2}$ cups dressing | Cucumber pickles, sliced |
| | $\frac{1}{2}$ pound cream cheese |

Remove all crusts from loaf of bread. Cut in four lengthwise slices. Combine cheese, pickle relish, and pimiento. Moisten with dressing. Spread on one slice of bread, cover with second slice. Combine salmon and pickle, moisten with dressing. Spread on second slice, cover with third slice. Tint Blue Vein cheese with green food coloring. Combine with chopped olives. Moisten with dressing. Spread on third slice, cover with fourth slice. Blend cream cheese. Season with salt and paprika. Moisten with dressing. Spread over entire surface of loaf. Place in refrigerator overnight. Garnish top and sides with olives, sweet cucumber pickles and pimiento. Place on large platter and garnish with hearts of lettuce and small clusters of crisp parsley.

SHRIMP SANDWICHES

(Serves 6)

3	tablespoons butter	1½	cups whole shrimp
4	tablespoons flour	12	slices toast, buttered
½	teaspoon salt	6	slices Natural American Cheese
2	cups milk, scalded		Parsley
¼	teaspoon pepper		

Make white sauce of first 5 ingredients. Combine shrimp with 1 cup white sauce. Place a generous amount between two slices buttered toast. Top with slice of cheese, place under low broiler flame until cheese is melted. Pour remaining sauce over top. Garnish with parsley. Serve with pickles.

SPANISH SANDWICH FILLING

4	cups Natural American Cheese, grated	Salt	
¼	cup milk	2	hard-cooked eggs, firmly chopped
1	egg, beaten	⅓	cup pimiento

Melt cheese in double boiler, add milk, egg, and salt. Cook until thick and smooth, remove from flame, add eggs and pimiento. Cool. Olives and pickles may be added.

TASTY MOCK CHICKEN SANDWICHES

(Serves 6)

1	small can condensed cream of mushroom soup	6	slices bread, toasted and buttered
¾	cup milk	¾	cup Natural American Cheese, grated
2	cups cooked veal, diced		

Combine soup and milk, heat, stirring constantly. Remove from fire, add veal. Place bread in shallow baking pan. Spread veal mixture over toast and sprinkle with cheese. Bake in hot oven (400° F.) 10 minutes, or until cheese is melted. Serve immediately.

TOASTED CHEESE PINWHEELS

(Serves 16)

Loaf of bread	Natural American Cheese, grated,
Butter	or cream cheese

Remove crusts from loaf of bread and slice lengthwise. Blend butter and cheese, spread bread. Roll like jelly roll and set in refrigerator until firm. Slice, then toast on buttered cookie sheet under broiler flame. Turn once.

S AUCES

and Gravies



BECHAMEL SAUCE

AT LEFT: a choice sauce which adds to your favorite fish, sea food, or stuffed eggs. This recipe is shown immediately below.

BECHAMEL SAUCE

See full color illustration on opposite page

$\frac{1}{4}$ cup butter, melted	2 cups chicken stock or 2 bouillon cubes in 2 cups water
6 tablespoons flour	1 cup thick cream
$\frac{3}{4}$ teaspoon salt	8 olives, stoned and finely cut
$\frac{1}{2}$ teaspoon paprika	2 teaspoons lemon juice
Dash of pepper	Natural American Cheese, grated

Blend butter, flour, and seasonings. Add combined stock and cream. Cook until thick. Remove from fire, add olives and lemon juice, mix well. May be served over oysters, stuffed eggs, or fish fillets. Sprinkle cheese over top.

BROWN BUTTER SAUCE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ cup brown sugar	1 teaspoon vanilla

Melt butter over low fire, add sugar, stir until dissolved. Add cream and vanilla, heat slowly. Serve hot on steamed puddings.

BUTTER ORANGE FLUFF

$\frac{1}{2}$ cup butter	1 teaspoon orange rind, grated
$\frac{1}{2}$ cup brown sugar	

Cream butter and sugar thoroughly. Add orange rind, blend well. Serve on waffles, pancakes, or steamed puddings.

CHEESE SAUCE

2 tablespoons butter	$\frac{1}{2}$ cup Natural American Cheese, grated
2 tablespoons flour	1 tablespoon lemon juice
1 cup milk	$\frac{1}{4}$ teaspoon salt

Melt butter, add flour, add milk slowly, cook until thick, stirring constantly. Add remaining ingredients. Serve hot.



Foamy Hard Sauce — see recipe on this page.

CIDER SAUCE

- | | |
|----------------------|--|
| 1 egg, beaten | $\frac{1}{4}$ cup sweet cider |
| 1 cup butter, melted | 1 tablespoon vinegar or
lemon juice |
| 1 cup sugar | |
| 1 cup brown sugar | |

Cook egg, butter, and sugar over hot water 2 minutes, stirring constantly. Add cider and vinegar, cook 3 minutes. Remove from fire. Beat briskly until cool. Serve on slices of pudding.

FOAMY HARD SAUCE

- | | |
|----------------------------------|-----------------------------|
| 1 egg, beaten | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup butter, melted | $\frac{1}{8}$ teaspoon salt |
| 1 cup confectioners' sugar | 1 cup heavy cream, whipped |

Beat egg well, add butter gradually, beating constantly. Add sugar, mix well, add vanilla and salt, mix. Fold in whipped cream. Serve immediately.

GRAPE JUICE SAUCE (For Ham)

1 tablespoon cornstarch	1 cup grape juice
$\frac{1}{4}$ cup cold water	Juice 1 lemon
$\frac{3}{4}$ cup hot water	

Mix cornstarch and cold water, add hot water. Cook until thickened and add fruit juices. Serve hot.

HORSERADISH SAUCE — I

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup horseradish
Salt	Cayenne

Combine all ingredients, blend well. Serve on broiled steaks or chops.

HORSERADISH SAUCE — II

$\frac{1}{2}$ cup cream, whipped	$\frac{1}{4}$ cup horseradish
$\frac{1}{2}$ cup cottage cheese	$\frac{1}{2}$ teaspoon salt
1 tablespoon vinegar	

Combine cream and cheese, add vinegar, horseradish, and salt.

LEMON "CREAM" SAUCE

(6 to 8 Servings)

1 cup evaporated milk	1 cup confectioners' sugar
2 tablespoons lemon juice	Grated lemon rind
4 teaspoons butter	

Chill milk thoroughly. Whip until stiff. Add lemon juice and whip until very stiff. Cream butter. Add sugar and cream until thoroughly mixed. Fold into whipped milk with lemon rind.

SOUR CREAM SAUCE

2 egg yolks	$\frac{1}{2}$ teaspoon parsley, minced
$\frac{3}{4}$ cup thick sour cream	$\frac{1}{4}$ teaspoon paprika
1 tablespoon lemon juice	$\frac{1}{4}$ teaspoon salt

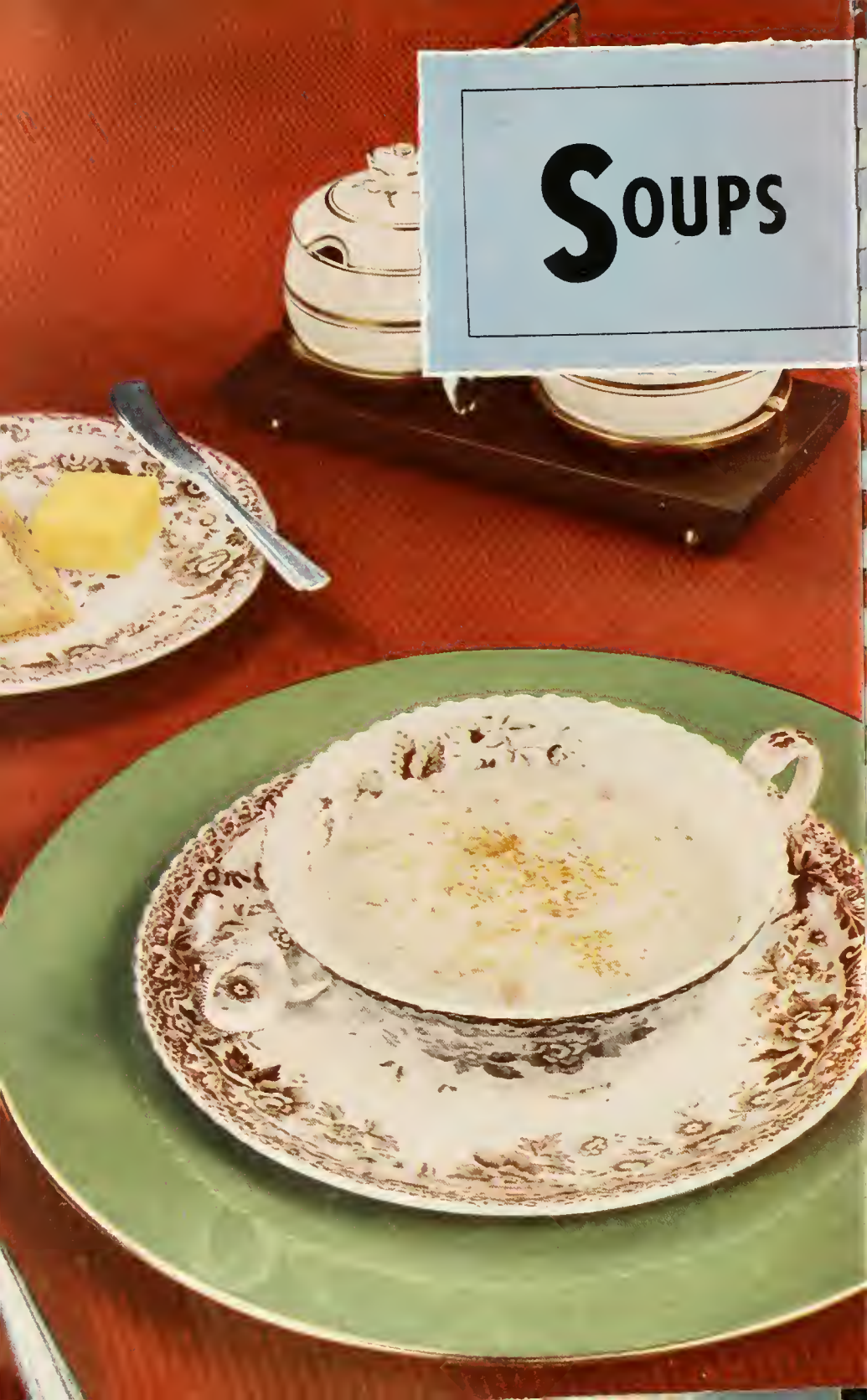
Combine egg yolks and cream. Cook, stirring constantly, until sauce begins to thicken. Remove from fire, add lemon juice, parsley, paprika, and salt. Serve on vegetables.

STEAK SAUCE

$\frac{1}{2}$ cup butter	2 tablespoons catsup
1 tablespoon Worcestershire sauce	1 teaspoon paprika
$\frac{1}{2}$ teaspoon dry mustard	2 tablespoons lemon juice or vinegar

Combine all ingredients. Add steak drippings. Boil one minute and pour over broiled or pan-fried steak.

SOUPS



SALMON BISQUE

AT LEFT: a delectable soup with a pleasing flavor - an easy-to-make dish. The recipe is on page 115 - one of many others in this section you will want to try.

BEAN CHOWDER

(Serves 6)

- | | |
|--|-------------------------------|
| $\frac{1}{2}$ pound (1 cup) navy beans | $1\frac{1}{2}$ teaspoons salt |
| $\frac{1}{8}$ pound salt pork | 3 cups hot water |
| 3 tablespoons minced onion | 3 cups milk |

Soak beans overnight in cold water; drain. Cut pork in cubes, sauté until browned. Add onion and sauté slightly. Add hot water, beans and salt and simmer 1 hour, or until beans are tender. Add milk; heat. Serve with buttered, toasted crackers.

BRUNSWICK STEW

- | | |
|---------------------|------------------------------|
| 1 hen | 6 or 8 white potatoes, cubed |
| 1 quart corn | 2 onions |
| 1 quart tomatoes | 1 pod red pepper |
| 1 pint okra | Salt and pepper to taste |
| 1 pint butter beans | |

Boil chicken until it will leave the bones and be very tender. Pull meat from bones and cut into large cubes, return to the water in which it was cooked, add vegetables and cook down until a thick mixture. Cook slowly and stir often to prevent scorching.

Note: Fresh vegetables are best, but the canned may be used. Any vegetables liked may be added. Pork, approximately $1\frac{1}{2}$ pounds, is a nice addition to the stew. Tobasco sauce, Worcestershire sauce or other sauces should be used to flavor according to taste.

CHEESE SOUP WITH RICE

(Serves 6)

- | | |
|---|----------------------------------|
| 1 tablespoon onion, chopped | 1 teaspoon salt |
| 2 tablespoons butter | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons flour | 2 egg yolks, well beaten |
| 4 cups milk | $1\frac{1}{2}$ cups rice, cooked |
| $\frac{1}{2}$ cup Natural American Cheese, grated | |

Cook onion in butter for 5 minutes, add flour and milk. Cook until slightly thickened. Add cheese, salt, and pepper, stirring until cheese is melted. Pour over egg yolks, stirring. Serve immediately with spoonful of hot rice.

CORN BISQUE

(Serves 8)

1½ cups tomatoes	6 tablespoons butter
6 cloves	3 cups milk
3 bay leaves	1½ cups corn
1½ teaspoons sugar	3 tablespoons flour
1½ teaspoons salt	6 tablespoons milk, cold
Pepper	Paprika

Combine first 6 ingredients, cook 10 minutes, strain, add butter. Combine milk and corn, scald in double boiler, mix flour and milk to smooth paste, add to milk and corn mixture, stirring occasionally. Slowly add tomato to corn mixture. Serve hot at once. Sprinkle each serving with paprika.

CREAM OF CARROT CHOWDER

(Serves 8)

2 cups carrots, diced	1 tablespoon flour
2 cups potatoes, diced	4 cups hot milk
5 tablespoons butter	1½ teaspoons salt
1 medium onion, chopped	¼ teaspoon pepper

Cook carrots and potatoes until tender. Cook butter and onion in saucepan for 5 minutes. Add flour, stir, add milk, cook about 5 minutes. Add vegetables, salt, and pepper. Reheat. Add a bit of butter to each bowl of soup.

CREAM OF CARROT SOUP WITH CHEESE

(Serves 6)

¼ cup butter	½ teaspoon salt
4 tablespoons flour	¼ teaspoon pepper
4 cups milk	¼ cup Natural American Cheese,
1 cup raw carrots, grated	grated

Make thin white sauce with butter, flour, and milk. Cook carrots in small amount of water until tender. Add carrots with liquid and seasonings. Reheat. Sprinkle cheese over top just before serving. Serve with toasted bread sticks or squares.

CREAM OF CHEESE SOUP

(Serves 6)

1 tablespoon onion, minced	½ cup Natural American Cheese,
2 tablespoons butter	grated
3 tablespoons flour	1 tablespoon parsley
4 cups milk	½ teaspoon salt

Cook onion in butter 5 minutes, add flour, stir, add milk. Cook until slightly thickened. Add cheese, stir until cheese is melted. Add parsley and salt.

CREAM OF CORN AND OYSTER SOUP

(Serves 6)

3 teaspoons butter	1 No. 2 can (2¼ cups) corn
3 teaspoons flour	1 pint oysters
3 cups hot milk	Paprika
½ teaspoon salt	Parsley, chopped

Make thin white sauce with butter, flour, milk, and salt. Add corn and oysters, let simmer about 10 minutes. Sprinkle with paprika and parsley just before serving. Serve with cheese wafers.

CREAM OF CORN SOUP

(Serves 6)

- | | | | |
|-----------------|-------------------|-----------------|---|
| 1 | tablespoon butter | 2 $\frac{1}{4}$ | cups cream style corn,
canned or fresh |
| 1 | tablespoon flour | | Salt |
| 2 $\frac{3}{4}$ | cups milk | | Pepper |
| | | 1 | egg yolk, well beaten |

Make thin white sauce with butter, flour, and milk. Add corn and rub through sieve. Reheat. Season and add egg yolk.

CREAM OF OLIVE AND CELERY SOUP

(Serves 6)

- | | | | |
|---|---|---------------|---------------------------|
| 2 | cups diced celery and chopped
leaves | 1 | cup green olives, chopped |
| 1 | small onion, minced | 3 | tablespoons butter |
| 1 | teaspoon salt | $\frac{1}{3}$ | cup flour |
| | | 3 | cups milk |

Cook celery and onion in a small amount of salted water until tender. Cook olives in butter 2 minutes. Stir in flour, add milk, cook until thickened. Add celery and onion mixture. Reheat.

Cream of Corn and Oyster Soup — see recipe on page 112.



CREAM OF ONION SOUP

(Serves 6)

6 medium onions, sliced	1 teaspoon salt
3 tablespoons butter, melted	$\frac{1}{4}$ teaspoon pepper
3 tablespoons flour	2 tablespoons Natural American Cheese, grated
4 cups milk	

Cook onions until tender, sieve. Make thin white sauce with butter, flour, and milk. Add salt, pepper, and onions. Reheat. Serve garnished with cheese.

CREAM OF PEA SOUP

(Serves 4 to 6)

1 onion, chopped	2 $\frac{1}{4}$ cups cooked peas, sieved
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{8}$ teaspoon pepper
4 cups milk	

Cook onion in butter 5 minutes. Add flour and mix, add milk, cook until thickened. Add peas, salt, and pepper. Reheat.

CREAM OF PEANUT BUTTER SOUP

(Serves 6)

1 tablespoon butter	$\frac{1}{4}$ teaspoon pepper
2 onions, finely chopped	4 cups milk
1 tablespoon flour	2 tablespoons Natural American Cheese, grated
$\frac{1}{4}$ cup peanut butter	
$\frac{1}{2}$ teaspoon salt	

Melt butter, brown onion, add flour, peanut butter, salt, and pepper. Add milk slowly, cook until slightly thickened. Add cheese. Stir until cheese is melted. Serve immediately.

CREAM OF VEGETABLE SOUP

(Serves 6)

$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup flour	1 cup vegetable pulp (celery, spinach, asparagus, corn, potato, peas, or any desired combination of vegetables)
4 cups milk	
$\frac{3}{4}$ teaspoon salt	

Make thin white sauce with butter, flour, and milk. Add salt, pepper, and vegetable pulp. Reheat.

CREAM POTATO SOUP

(Serves 6)

4 medium potatoes, cubed	1 cup vegetable water
1 onions, sliced	1 teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	1 teaspoon parsley, chopped
3 cups milk, scalded	

Boil vegetables in water to cover until tender. Drain, save water. Put vegetables through sieve. Make thin white sauce with butter, flour, milk, and vegetable water. Add sieved vegetables, salt, and pepper; blend. Reheat. Sprinkle parsley over top.

GREEN BEAN CHOWDER

(Serves 4)

2 cups raw potatoes, diced	2 tablespoons butter
2 cups cooked green or waxed beans, finely cut	Salt
1 cup whole milk	Pepper
1 tablespoon onion, minced	Natural American Cheese, grated

Cook potatoes in liquid drained from beans, add enough water to cover. When potatoes are tender add beans and milk. Heat. Fry onion in butter until brown. Add to soup mixture just before serving. Serve with cheese as a garnish.

SALMON BISQUE

See full color illustration on page 110

$\frac{1}{2}$ cup onions, minced	$\frac{1}{2}$ cup light cream
$\frac{1}{4}$ cup butter	1 cups milk
2 tablespoons flour	Liquid and oil of salmon
$1\frac{1}{2}$ teaspoons salt	1 pound can salmon, flaked
$\frac{1}{4}$ teaspoon pepper	Paprika
$\frac{3}{4}$ teaspoon dry mustard	

Cook onion in butter 5 minutes. Add flour, salt, pepper, and mustard, stir until smooth. Add cream, milk, and liquid of salmon. Cook over hot water until slightly thickened, stirring constantly. Add salmon. Reheat and serve; sprinkle each serving with paprika.



VEGETABLES

RAW VEGETABLE GROUP

AT LEFT: this group of vegetables creates an immediate urge to transform them into savory table dishes. Nutritional experts agree that fresh or properly cooked vegetables are extremely important in the daily diet. Recipes from pages 117 to 121.

ASPARAGUS WITH LEMON SAUCE

(Serves 8)

$\frac{1}{4}$ cup butter	1 teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ teaspoon pepper
2 cups milk	2 pounds asparagus, cooked
2 egg yolks, beaten	Toast
2 tablespoons lemon juice	

Make white sauce with butter, flour, and milk. Add egg yolks, lemon juice, and seasoning. Arrange asparagus on toast and pour sauce over.

BAKED CARROTS AND ONIONS

(Serves 6 to 8)

6 medium sized carrots, sliced	Butter
6 large onions, sliced	1 cup milk
Salt	Buttered bread crumbs
Pepper	

Arrange alternate layers of carrots and onions in buttered casserole, season each layer with salt and pepper and dot with butter. Pour milk over contents, cover with buttered bread crumbs. Bake in a moderate oven (350° F.) about 1 hour.

CABBAGE AND HAM WITH CHEESE SAUCE

(Serves 8)

3 tablespoons butter	$\frac{1}{4}$ teaspoon Worcestershire sauce
3 tablespoons flour	2 cups Natural American Cheese, grated
$1\frac{1}{2}$ cups milk	1 medium head cabbage
$\frac{3}{4}$ teaspoon salt	3 thin slices pre-cooked ham
Pepper	Paprika

Make white sauce with butter, flour, and milk. Add seasonings, sauce, and cheese. Remove from fire, stir until cheese is melted. Cover and place over hot water. Cut cabbage into eight wedges. Boil rapidly for 8 to 10 minutes, or until tender; drain. Pan-broil ham. Arrange cabbage and ham on platter with ham around outside. Pour cheese sauce over all. Add a dash of paprika. Serve with stuffed tomatoes.

CANDIED SWEET POTATOES

- | | |
|-------------------------------|------------------------------|
| 8 medium (small potatoes) | $\frac{1}{4}$ cup water |
| $\frac{1}{4}$ cup butter | (or $\frac{1}{2}$ cup honey) |
| $\frac{1}{2}$ cup brown sugar | (or maple syrup) |

Place boiled or steamed potatoes in a shallow pan, pour over them the sugar and water, or syrup mixture. Add bits of butter. Bake in a moderately hot oven (450° F.) for 15 minutes, or heat over low flame, watching carefully and turning the potatoes when brown. (Two tablespoons water may be added to the remaining sticky syrup, boil up and pour over the potatoes.)

CHEESE STUFFED GREEN PEPPERS

(Serves 6)

- | | |
|--------------------------------|-------------------------------|
| 6 green peppers | 1 tablespoon grated onion |
| 2 cups cooked rice | 1 teaspoon salt |
| $\frac{1}{2}$ cup milk | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons chopped pimiento | 2 tablespoons melted butter |
| 1 tablespoon minced parsley | 1 cup diced American Cheese |

Cut off tops of peppers, remove seeds. Simmer in boiling, salted water for 5 minutes. Combine remaining ingredients. Fill peppers with stuffing. Place upright in baking pan; add $\frac{1}{2}$ cup of water. Bake in moderate oven (350° F.) for 30 minutes, or until peppers are tender.

CHEESE VEGETABLE DISH

- | | |
|---|-----------------------------------|
| $\frac{1}{4}$ cup butter | 2 teaspoons salt |
| 4 tablespoons flour | 2 cups potatoes, cooked and diced |
| 2 cups milk | 1 cup peas, cooked |
| 2 cups Natural American Cheese,
grated | 1 cup carrots, cooked and diced |
| | 1 onion, minced |

Make white sauce of butter, flour, and milk. Add salt and cheese, stirring until the cheese melts. Arrange remaining ingredients in buttered baking dish and pour sauce over. Bake in a moderate oven (350° F.) 30 minutes.

CORN FRITTERS

- | | |
|---------------------|--|
| 1 cup corn pulp | 1 tablespoon milk (if corn is
very dry) |
| 1 tablespoon butter | Salt and pepper to taste |
| 1 egg | |

Flour enough to make stiff batter

Cut corn quite fine from cob; add flour, egg, milk, and seasoning. Cook like batter cakes, using enough fat to make them turn, or drop into deep fat and fry like doughnuts. Serve around a platter of fried chicken or other meat.

CORN PUDDING

- | | |
|----------------------|------------------------------|
| 2 cups corn | 2 tablespoons flour |
| 1 cup sweet milk | 1 tablespoon sugar |
| 2 tablespoons butter | 3 eggs |
| 2 teaspoons salt | Red or white pepper to taste |

Cut corn as usual or use left over. Add all the seasonings. Beat eggs together until light, put into the mixture, pour into a buttered baking dish and bake in a moderate oven until firm like a custard. Place dish with pudding in a pan of boiling water and it will cook slower. Serve in the dish in which it is cooked.

CORN — SWISS STYLE

(Serves 6)

2 cups corn	$\frac{1}{4}$ teaspoon parsley, minced
2 tablespoons flour	$\frac{1}{4}$ teaspoon onion, minced
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{3}$ cup Natural American Cheese,
$\frac{1}{4}$ teaspoon celery salt	grated
2 tablespoons pimiento, chopped	

Combine all ingredients except cheese. Pour into buttered shallow baking dish, sprinkle with cheese. Bake in a moderate oven (350° F.) 20 minutes.

CREAMED DRIED BEEF IN TOMATOES

(Serves 6)

6 medium tomatoes	$\frac{1}{8}$ teaspoon pepper
4 tablespoons butter	$\frac{1}{4}$ pound dried beef
4 tablespoons flour	1 cup grated cheese
2 cups milk	

Select firm, smooth tomatoes of equal size. Cut piece from stem end of each tomato; remove the centers without breaking the shells. Sprinkle each tomato on the inside with salt and pepper. Melt 4 tablespoons of butter, add flour, blend well. Add milk and stir constantly until sauce thickens; add grated cheese. Fold in the shredded dried beef and fill tomato shells. Cover with buttered crumbs; place in buttered baking dish, and bake in a moderately hot oven (375° F.) for 35 minutes, or until tender. Tomato pulp may be used in making soap.

DELMONICO POTATOES

2 tablespoons butter	$\frac{1}{2}$ cup Natural American Cheese,
$1\frac{1}{2}$ tablespoons flour	grated
1 cup milk	Pimiento, chopped (optional)
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ teaspoon pepper	Salt
1 quart boiled potatoes, sliced	Pepper
3 hard-cooked eggs, chopped	$\frac{1}{4}$ cup Natural American Cheese,
	grated

Make white sauce with butter, flour, and milk. Add salt and pepper. Arrange layers of potatoes, eggs, cheese, pimiento, and white sauce in buttered baking dish. Dot each layer with butter, salt, and pepper. Cover top with cheese. Bake in a moderate oven (350° F.) until done.

GOLDEN CAULIFLOWER

(Serves 6)

1 medium head cauliflower	2 tablespoons butter, melted
1 cup raw carrots, diced	1 cup rich milk
$\frac{1}{4}$ cup onions, chopped	1 cup Natural American Cheese,
Salt	grated
Paprika	

Break cauliflower into flowerettes. Arrange cauliflower and carrots in buttered casserole. Cover with onion, seasonings, and butter. Pour milk over contents. Sprinkle with cheese. Cover. Bake in a moderate oven (350° F.) 1 hour, removing cover the last 15 minutes.

POTATO CHEESE BALLS

(Serves 4 to 6)

- | | |
|--|--------------------------------|
| $\frac{1}{2}$ cup Natural American Cheese,
grated | $\frac{1}{2}$ cup bread crumbs |
| Salt | 1 egg |
| 2 cups potatoes, mashed | 1 tablespoon milk |

Add cheese and salt to potatoes, mix well, make into round balls. Roll in bread crumbs, then in egg beaten with milk. Brown in a hot oven (450° F.).

POTATO CHEESE PUFF

(Serves 6)

- | | |
|---------------------------|------------------------------|
| 1 tablespoon butter | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon flour | Dash of pepper |
| $\frac{1}{2}$ cup milk | 2 cups mashed white potatoes |
| 1 cup grated cheese | 3 egg yolks |
| 1 tablespoon grated onion | 3 egg whites |

Melt butter, add flour and blend. Add milk. Cook, stirring constantly, until thick. Add cheese, seasonings, potatoes, and well beaten egg yolks. Fold in stiffly beaten egg whites. Turn into buttered casserole; bake at 325° F. for 40 to 60 minutes.

SWEET POTATO BALL

- | | |
|---|-------------------------------|
| 2 cups mashed sweet potatoes | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter, melted | 1 teaspoon grated orange rind |
| $\frac{1}{4}$ teaspoon nutmeg or cinnamon | 1 teaspoon juice (orange) |
| $\frac{1}{4}$ teaspoon paprika | 1 egg, beaten |

Add all ingredients to potatoes. Mix well. Shape into balls. Dip in beaten egg, roll in bread crumbs. Fry in deep fat to a golden brown, or place in a shallow pan and pour 1 to 2 teaspoons fat over each ball; then bake in a rather hot oven (450° F.) until golden brown 20 to 25 minutes. Serve with tomato or brown sauce if desired. Balls may be made up ahead of time and stored in the refrigerator before frying.

SWEET POTATO AND ORANGE CASSEROLE

(Serves 6)

- | | |
|--------------------------------|-------------------------------------|
| 5 large sweet potatoes | $\frac{1}{4}$ cup honey, strained |
| $\frac{1}{3}$ cup brown sugar | $\frac{1}{4}$ cup fine bread crumbs |
| $\frac{1}{4}$ cup butter | 2 tablespoons brown sugar |
| 2 unpeeled oranges, sliced | 1 tablespoon butter |
| $\frac{1}{2}$ cup orange juice | |

Boil potatoes until almost tender, peel and slice. Arrange a layer in buttered casserole, sprinkle with brown sugar, dot with butter, cover with a layer of oranges. Repeat layers until all ingredients are used. Pour orange juice and honey over contents. Cover with bread crumbs mixed with brown sugar. Dot with butter. Cover casserole. Bake in a moderate oven (350° F.) 1 hour. Remove cover last 15 minutes.

SWEET POTATO AND APPLE SCALLOP

3 medium-sized potatoes	$\frac{1}{2}$ cup brown sugar or honey
3 medium-sized apples	or maple syrup
3 tablespoons butter	$\frac{1}{2}$ teaspoon salt

Slice apples and potatoes. Place in alternate layers in a buttered baking dish with bits of butter and sugar or honey. Add water if necessary. Bake in moderate oven until tender and brown. The potatoes may be raw or cooked. Pineapple may be substituted for apple.

SWEET POTATO NUT LOAF

(Can be used as a meat substitute)

3 cups mashed sweet potatoes	1 cup chopped nut meats
1 egg, beaten	$\frac{1}{4}$ cup fat
$\frac{3}{4}$ cup dry bread crumbs	1 teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

Mash potatoes while hot; add to them $\frac{2}{3}$ of nut meats, fat, salt, pepper, half of crumbs, and beaten egg. Thoroughly grease the mold and sprinkle thickly with remaining crumbs and nut meats mixed, shaking out any that do not adhere to the mold or pan. Turn in the mixture, pack light. Cover top with remaining crumbs and nuts. Bake $\frac{1}{2}$ hour in moderate oven. Serve with tomato sauce if desired.

SWEET POTATO SOUFFLE

2 cups cooked mashed sweet potatoes	1 teaspoon grated lemon rind
$\frac{3}{4}$ cup hot milk	$\frac{3}{4}$ teaspoon salt
$\frac{1}{3}$ cup butter	Few grains pepper
	3 stiffly beaten egg whites

Add hot milk and butter to hot mashed potatoes; beat until fluffy. Add lemon rind, salt, and pepper. Fold in egg whites beaten stiff but not dry. Pile lightly into greased casserole. Bake in moderately hot oven (375-400° F.) 20 to 30 minutes or until puffy and browned. Vary plain souffle by folding in $\frac{1}{2}$ cup chopped marshmallows, nuts or various dried fruits.

TOMATO AND CORN SCALLOP

(Serves 8)

$\frac{1}{4}$ cup butter	2 cups corn, drained
$\frac{1}{4}$ cup flour	1 cup canned tomatoes, drained
1 cup milk	$\frac{3}{4}$ cup dry bread crumbs
1 tablespoon sugar	2 tablespoons butter, melted
$\frac{1}{2}$ teaspoon salt	

Make white sauce with butter, flour, and milk. Add sugar and salt. Add corn and tomatoes. Pour into buttered baking dish. Cover with buttered crumbs. Bake in a moderate oven (350° F.) 45 minutes.

TOMATOES BRISTOL

(Serves 6)

6 ripe unpeeled tomatoes	$\frac{1}{2}$ cup Natural American Cheese, grated
1 cup cooked lima beans	2 tablespoons butter, melted
$\frac{1}{2}$ cup fresh bread cubes	3 tablespoons cream or milk
2 tablespoons onions, chopped	1 egg, beaten
2 tablespoons parsley	$\frac{1}{3}$ teaspoon salt

Scoop out centers of tomatoes. Combine remaining ingredients and stuff tomatoes. Fit into shallow pan and add $\frac{1}{3}$ inch boiling water. Bake in a moderate oven (350° F.) 30 minutes.

4½ to 5 Lbs. Occasionally 1, 2, and 2½ Lbs. Jumbo, 11 to 12 Lbs.



BRICK—Originated in America—a sweet curd cheese, usually 11 x 5½ x 2½ inches. Light straw color; moist, soft. Mild up to 8 weeks; well-cured afterward with a more pronounced flavor. Excellent for sandwiches.



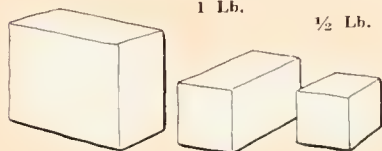
4½ Lbs.

MUENSTER—A soft, fast-curing cheese, about 7 x 4½ inches. Light tan color; outside is brown or red. Mild flavor when fresh; pronounced when cured at 2 months. Ideal sandwich spread.

2 Lbs.

1 Lb.

½ Lb.

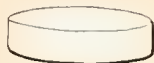


LIMBURGER—Soft textured with distinctive flavor; either mild or pronounced. Large size, 5½ x 5½ x 2¼ inches. Sandwich spread and for crackers, or serve with potatoes boiled in jackets.



4 Lbs.

BLUE VEIN—American version of Roquefort—piquant flavor; soft texture, about 6½ x 3½ inches. White, streaked with blue, medium-cured in 2 months or more. After-dinner delicacy.



1½ Lbs.

CAMEMBERT—About 6 x 1½ inches. Grayish outside; creamy, waxy color inside—almost fluid when fully cured. For desserts, salads, crackers.



2 Lbs.

BRIE—About 6 x 2½ inches. Somewhat similar to Camembert. Soft, mild when fresh; distinctive flavor when cured. For table, salads, desserts, crackers.

6 Lbs.



2 Lbs.



EDAM—Red coated, ball-shape, firm, slightly crumbly, 4½ to 6 inches in diameter. Flavor develops with aging—3 weeks to 3 months. For appetizers, desserts, salads, or grated for flavoring. Softer types have body, texture, and flavor similar to good brick cheese.

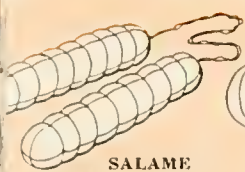


1 Lb.

BABY GOUDA—Red coated, bun-shaped, special small size, about 3½ x 1½ inches. Similar to soft type Edam and has same uses. Inside color is golden.

CHEESES

ITALIAN TYPES



SALAME
1 Lbs., Each



PROVOLONI
1 to 5 Lbs., each



PROVOLONCINNI
2½ Lbs., each



PROVOLETTE
5½ Lbs., each



CACIOCAVALLO
2 Lbs., each

The various Italian shapes come from hand molding of the curd. Many of them are cured by smoking so they have a salty, tangy flavor. These illustrations are in proportion to each other, but not in proportion to illustrations on other pages.

Provoloni, Provoloncinni, Provolette, Salame, Caciocavallo are all made by practically the same methods, the only difference being in the shapes. Any difference in flavor, body, and texture is due to the age of the cheese. These varieties of cheese excel for table use when comparatively fresh. As they become fully cured they are used for flavoring such foods as soups and salads. The curing time of these styles ranges from two months to two years. All styles come in pairs and, with the exception of the Caciocavallo, are hung in rope nets. The Caciocavallo is hung by a small rope around its neck giving the upper part of the cheese somewhat the appearance of a horse's head and neck.

1 Lb., each



PEAR CHEESE
(*Italian name Scarmorze*)—Comes in pairs, each about

3½ inches in diameter and 5 inches high. Light tan in color; is best when sliced ¼ inch thick crossways and fried in olive oil.

¾ Lb.



APPLE CHEESE—Shaped like apple; colored red, semi-firm texture. A quick-

curing type used for general table purposes. PEAR and APPLE varieties are covered with cellophane.

5 Lbs.



GORGONZOLA—Italian version of Roquefort type. In

this country Gorgonzola is made in the same type and shape as Blue Vein.

40 Lbs.



PARMESAN is about 20 inches in diameter and 6 inches

high, cured from one to four years, is firm, dry; the surface is colored black; excellent for grating.

25 Lbs.



ROMANO is about 10 inches in diameter and 7 to 9 inches high, colored black, outside; inside, light

yellow with greenish tinge. Cured similar to Parmesan; used for same purposes.

20 Lbs.



ASIAGO is not quite as hard and dry as Parmesan and Romano; occasionally

used as a table cheese while comparatively fresh. Golden surface color, but when fully cured becomes black and is then superior for grating.

3 Lbs.



RICOTTA is a small cheese from 5 to 6 inches in diameter and about 4 inches

in height, made from skim milk and the albumin in whey. Is pure white with a very salty taste.

1 Lb.



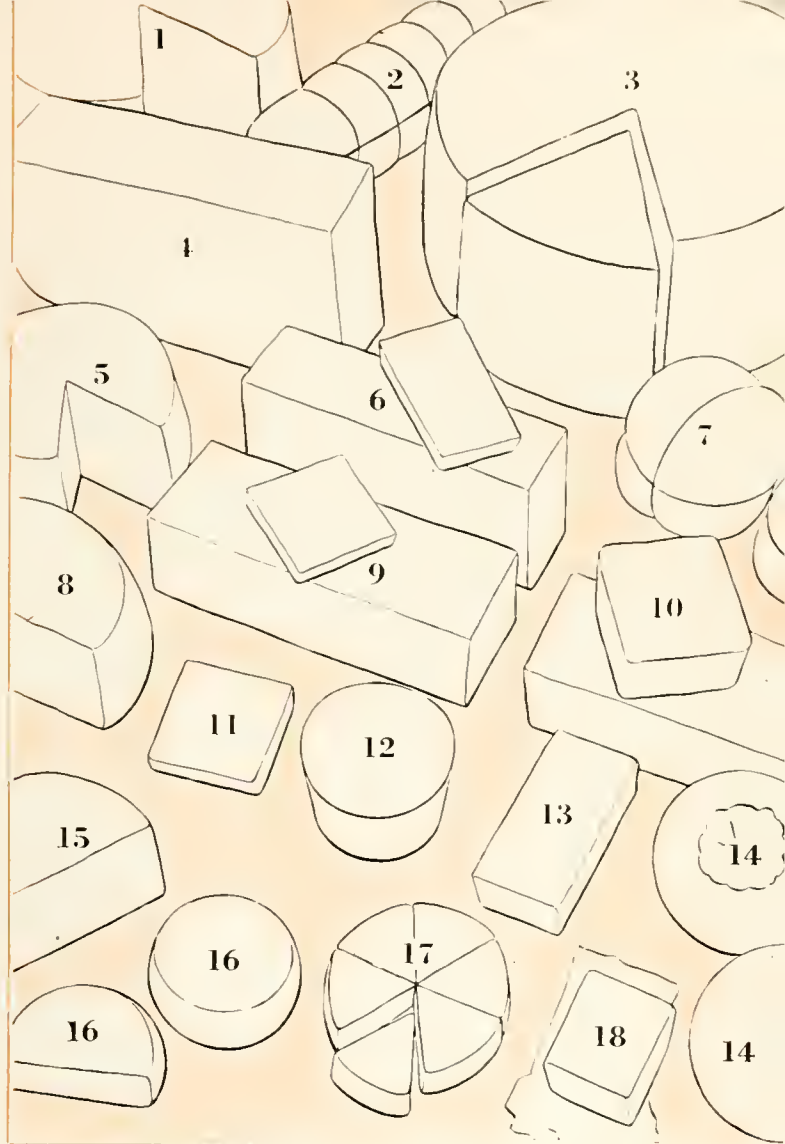
PRIMOST (*Norwegian*) — Usually put up in pound packages, is a brown-

ish colored product, has a unique sweetish taste, especially fine for a spread. Primost is a Scandinavian favorite.



NAMES OF CHEESES ILLUSTRATED

1. Parmesan
2. Salame
3. Cheddar or American
4. Swiss
5. Muenster
6. Brick
7. Provolonecinni
8. Muenster
9. American
10 lb. loaf
10. Aged Brick
11. Cream Cheese
12. Cottage Cheese
13. Limburger
14. Edam
15. Blue Vein
16. Gouda
17. Camembert
18. Limburger



HOW TO HANDLE CHEESE

1. Keep cheese in the refrigerator.
2. Cover cut surfaces of cheese tightly with waxed paper — or keep in covered dishes.
3. Cooking — aged cheese (over 6 months) is preferred; it provides a richer flavor, melts and blends well.
4. Caution — cheese dishes should be cooked at low temperatures. Grated or shredded cheese melts quickly.

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